



Butter Pecan Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



724 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 8 large egg yolks
- ☐ 1.5 cups heavy cream
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.8 cup sugar
- ☐ 0.5 cup butter unsalted
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups milk whole

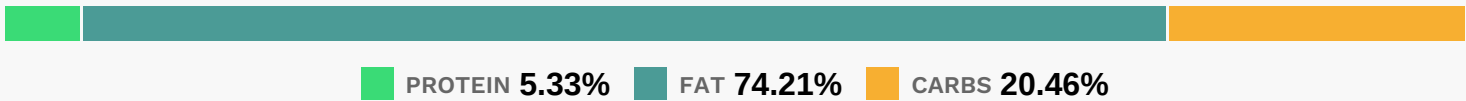
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Melt butter in a small heavy saucepan over medium-high heat. Simmer about 4 minutes or until butter turns light brown and the milk solids on bottom of pan release brown specks. Set aside; let stand until just warm.
- ☐ Combine milk, cream, and sugar in a medium saucepan over medium heat; bring to a low boil, stirring occasionally to dissolve the sugar.
- ☐ Remove from heat.
- ☐ Beat egg yolks in a medium bowl with an electric mixer on medium speed 1 minute. Slowly add brown butter with specks into yolks, and beat 2 minutes or until mixture is thick and fluffy.
- ☐ Slowly pour one-quarter of hot cream mixture into the egg mixture, stirring until incorporated.
- ☐ Pour this mixture back into the medium saucepan; add remaining hot cream mixture over low heat, stirring constantly with a heat-resistant spatula until mixture reaches 170 and lightly coats the back of spatula. (Be careful not to let the custard boil or the egg yolks will curdle.) Strain custard into a bowl through a medium-mesh sieve. Refrigerate custard 1 hour or until chilled; stir in the extracts.
- ☐ Pour mixture into a 1 1/2-quart freezer container. Stir in chopped pecans, and freeze mixture according to manufacturer's instructions. Freeze 4 to 6 hours before serving.

Nutrition Facts



Properties

Glycemic Index:23.62, Glycemic Load:22.28, Inflammation Score:-8, Nutrition Score:13.6099999931377%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

Nutrients (% of daily need)

Calories: 723.81kcal (36.19%), Fat: 60.96g (93.79%), Saturated Fat: 32.65g (204.08%), Carbohydrates: 37.82g (12.61%), Net Carbohydrates: 36.87g (13.41%), Sugar: 36.23g (40.26%), Cholesterol: 432.03mg (144.01%), Sodium: 63.04mg (2.74%), Alcohol: 0.34g (100%), Alcohol %: 0.19% (100%), Protein: 9.85g (19.71%), Vitamin A: 2133.2IU (42.66%), Selenium: 19.55µg (27.93%), Phosphorus: 254.35mg (25.44%), Vitamin D: 3.76µg (25.05%), Vitamin B2: 0.41mg (23.89%), Manganese: 0.47mg (23.43%), Calcium: 185.04mg (18.5%), Vitamin B12: 1.08µg (17.98%), Vitamin B5: 1.38mg (13.79%), Vitamin E: 2.06mg (13.74%), Folate: 45.43µg (11.36%), Vitamin B1: 0.17mg (11.32%), Zinc: 1.57mg (10.47%), Vitamin B6: 0.19mg (9.33%), Copper: 0.15mg (7.74%), Potassium: 255.4mg (7.3%), Magnesium: 27.69mg (6.92%), Iron: 1.09mg (6.03%), Vitamin K: 4.63µg (4.41%), Fiber: 0.95g (3.8%), Vitamin B3: 0.26mg (1.29%)