



Butter Pecan Ice Cream

 Vegetarian  Gluten Free  Popular

READY IN



45 min.

SERVINGS



3

CALORIES



1495 kcal

DESSERT

Ingredients

- 6 large egg yolks
- 6 Tbsp butter unsalted
- 1 cup brown sugar
- 0.3 teaspoon salt
- 2 cups heavy cream
- 2 cups milk whole
- 1 teaspoon vanilla extract
- 1 cup pecans

- 1 Tbsp butter unsalted
- 1 pinch salt

Equipment

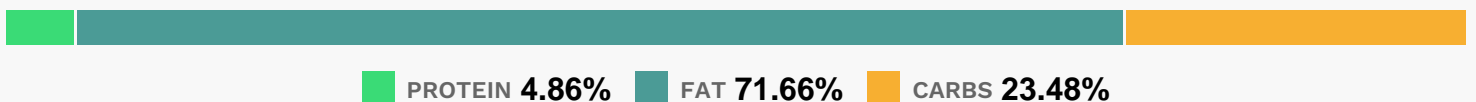
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- sieve
- spatula
- ice cream machine

Directions

- Whisk egg yolks: In a medium sized heat-safe bowl (metal, ceramic, or glass), whisk together the egg yolks until well blended. Set aside.
- Set cream in bowl over ice, with a sieve on top:
- Pour the cream into a metal bowl set in a larger bowl of ice and set a medium-mesh sieve on top. Set aside.
- Brown the butter, add brown sugar and salt: In a medium thick-bottomed saucepan on medium heat, melt the butter cook it, stirring constantly, until it just begins to brown.
- Add the brown sugar and salt. Stir until the sugar completely melts.
- Add milk slowly, dissolve sugar: Slowly add the milk, stirring to incorporate. It will foam up initially, so make sure you are using a pan with high enough sides.
- Heat until all of the sugar is completely dissolved. Do not let boil or the mixture may curdle.
- Whisk in hand, slowly pour half of the milk and sugar mixture into the eggs, whisking constantly to incorporate.
- Then add the warmed egg mixture back into the saucepan with the remaining milk sugar mixture.

- Stir until custard base thickens: Stir the mixture constantly over medium heat with a wooden or heatproof rubber spatula, scraping the bottom as you stir, until the mixture thickens and coats the spatula, about 5–7 minutes.
- the custard through the sieve and stir it into the cream.
- Add vanilla and stir until cool over the ice bath.
- Chill mixture thoroughly in the refrigerator.
- Toast the pecans: While the mixture is chilling, preheat the oven to 350°F. Melt 1 Tbsp of butter. Toss with pecans and a pinch of salt.
- Spread pecans out on a rimmed baking sheet and bake at 350°F for 10 minutes, until the pecans are lightly toasted. Set aside to cool.
- Once cool, roughly chop the pecans and set aside.
- Process in your ice cream maker: Once the ice cream mixture is thoroughly chilled, process in your ice cream maker according to the manufacturer's instructions.
- Fold in chopped toasted pecans: Once the ice cream has been formed in the ice cream maker, it will be fairly soft. Fold in the chopped pecans.
- Freeze: Put in an airtight plastic container and place in the freezer for at least an hour, preferably several hours.
- If it has been frozen for more than a day, you may need to let it sit at room temperature for a few minutes to soften it before serving.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:3.03, Inflammation Score:-9, Nutrition Score:28.207391360532%

Flavonoids

Cyanidin: 3.54mg, Cyanidin: 3.54mg, Cyanidin: 3.54mg, Cyanidin: 3.54mg Delphinidin: 2.4mg, Delphinidin: 2.4mg, Delphinidin: 2.4mg, Delphinidin: 2.4mg Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg

Nutrients (% of daily need)

Calories: 1494.65kcal (74.73%), Fat: 122.13g (187.89%), Saturated Fat: 61.83g (386.41%), Carbohydrates: 90.04g (30.01%), Net Carbohydrates: 86.87g (31.59%), Sugar: 85.28g (94.76%), Cholesterol: 637.25mg (212.42%), Sodium: 351.98mg (15.3%), Alcohol: 0.46g (100%), Alcohol %: 0.12% (100%), Protein: 18.64g (37.29%), Vitamin A: 3932.68IU (78.65%), Manganese: 1.56mg (78.18%), Phosphorus: 491.3mg (49.13%), Vitamin B2: 0.76mg (44.57%), Vitamin D: 6.66µg (44.41%), Calcium: 440.85mg (44.09%), Selenium: 29.36µg (41.94%), Vitamin B12: 1.85µg (30.86%), Vitamin B1: 0.4mg (26.82%), Vitamin B5: 2.45mg (24.46%), Vitamin E: 3.65mg (24.33%), Copper: 0.48mg (24.11%), Zinc: 3.38mg (22.52%), Magnesium: 79.68mg (19.92%), Potassium: 674.59mg (19.27%), Vitamin B6: 0.37mg (18.72%), Folate: 64.97µg (16.24%), Iron: 2.45mg (13.62%), Fiber: 3.17g (12.67%), Vitamin K: 9.28µg (8.84%), Vitamin B3: 0.77mg (3.83%), Vitamin C: 1.32mg (1.59%)