



Butterscotch-Pecan Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



1620 kcal

DESSERT

Ingredients

- 170 g t brown sugar dark packed
- 6 large egg yolk
- 75 g granulated sugar
- 180 ml milk whole
- 125 ml cup heavy whipping cream
- 150 g pecans toasted coarsely chopped
- 0.5 teaspoon salt
- 4 tablespoons butter unsalted salted cut into pieces (2 ounces/60g)

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- sieve
- spatula
- ice cream machine

Directions

- To make the butterscotch mixture, spread the granulated sugar in an even layer in a medium heavy-bottomed saucepan and cook over medium heat without stirring until the sugar begins to melt around the edges. Using a heatproof utensil, slowly drag the liquified sugar to the center and stir gently until all the sugar is melted. Continue to cook, stirring infrequently, until the caramel turns dark amber in color and begins to foam a bit.
- Remove from the heat and immediately stir in the brown sugar, butter, the 1/2 cup (125 ml) cream, the half-and-half or milk, and salt. The mixture will steam and bubble up vigorously, then the bubbling will subside.
- Pour the remaining 1 1/2 cups (375 ml) cream into a large bowl and set a mesh strainer across the top.
- In a separate bowl, whisk the egg yolks, then gradually add some of the warm butterscotch mixture, whisking constantly as you pour.
- Pour the warmed yolks back into the saucepan. Cook over low heat, stirring constantly and scraping the bottom of the pan with a heatproof spatula, until the custard is thick enough to coat the spatula.
- Pour the custard through the mesh strainer into the cream.
- Set the bowl containing the custard over a larger bowl of ice water. Stir the custard until cool, then cover and refrigerate until thoroughly chilled.
- Freeze in an ice cream machine according to the manufacturer's instructions. Stir the pecans into the just-churned ice cream when you remove it from the ice cream machine.

Nutrition Facts

PROTEIN 4.8% FAT 62.1% CARBS 33.1%

Properties

Glycemic Index:59.05, Glycemic Load:28.15, Inflammation Score:-9, Nutrition Score:31.84086955112%

Flavonoids

Cyanidin: 8.06mg, Cyanidin: 8.06mg, Cyanidin: 8.06mg, Cyanidin: 8.06mg Delphinidin: 5.46mg, Delphinidin: 5.46mg, Delphinidin: 5.46mg, Delphinidin: 5.46mg Catechin: 5.43mg, Catechin: 5.43mg, Catechin: 5.43mg, Catechin: 5.43mg Epigallocatechin: 4.22mg, Epigallocatechin: 4.22mg, Epigallocatechin: 4.22mg, Epigallocatechin: 4.22mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Epigallocatechin 3-gallate: 1.73mg, Epigallocatechin 3-gallate: 1.73mg, Epigallocatechin 3-gallate: 1.73mg, Epigallocatechin 3-gallate: 1.73mg

Nutrients (% of daily need)

Calories: 1620.06kcal (81%), Fat: 116.01g (178.48%), Saturated Fat: 40.08g (250.47%), Carbohydrates: 139.13g (46.38%), Net Carbohydrates: 131.93g (47.97%), Sugar: 129.46g (143.84%), Cholesterol: 693.18mg (231.06%), Sodium: 685.35mg (29.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.16g (40.31%), Manganese: 3.47mg (173.3%), Phosphorus: 546.98mg (54.7%), Selenium: 36.59µg (52.27%), Vitamin A: 2551.74IU (51.03%), Copper: 0.99mg (49.73%), Vitamin B1: 0.65mg (43.38%), Vitamin B2: 0.63mg (37.04%), Calcium: 351.96mg (35.2%), Vitamin D: 5.2µg (34.67%), Zinc: 5.16mg (34.39%), Magnesium: 117.06mg (29.27%), Fiber: 7.2g (28.8%), Vitamin B5: 2.82mg (28.22%), Vitamin B12: 1.64µg (27.4%), Vitamin E: 3.64mg (24.27%), Folate: 95.16µg (23.79%), Vitamin B6: 0.45mg (22.52%), Iron: 3.99mg (22.14%), Potassium: 682.69mg (19.51%), Vitamin K: 7.23µg (6.89%), Vitamin B3: 1.13mg (5.66%), Vitamin C: 1.2mg (1.46%)