



Pecan-Caramel Crunch Ice Cream

READY IN



45 min.

SERVINGS



8

CALORIES



1330 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar light packed
- ☐ 2 cups brown sugar light packed
- ☐ 0.3 cup butter melted
- ☐ 20 ounce mrs richardson's butterscotch caramel sauce
- ☐ 4 egg yolk
- ☐ 12 ounce evaporated milk canned
- ☐ 0.3 cup flour all-purpose
- ☐ 3 cups milk
- ☐ 1 cup pecans chopped

- ☐ 0.8 cup oats
- ☐ 0.5 teaspoon salt
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 2 tablespoons vanilla extract
- ☐ 8 servings flat-bottom ice-cream cone
- ☐ 4 cups whipping cream

Equipment

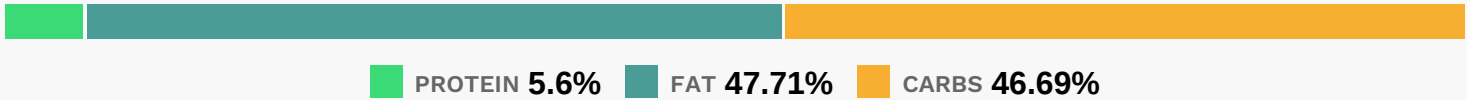
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 350
- ☐ Stir together first 5 ingredients; spread in a thin layer on a baking sheet.
- ☐ Bake at 350 for 15 minutes. Cool completely on a wire rack. Process in a food processor until finely chopped; set aside.
- ☐ Stir together 2 cups brown sugar and next 3 ingredients in a large saucepan over low heat, and simmer, stirring often, 1 minute. (Do not boil.)
- ☐ Beat egg yolks until thick and lemon-colored. Gradually stir 1 cup hot brown sugar mixture into yolks.
- ☐ Add egg yolk mixture to remaining hot mixture; cook, stirring constantly, over low heat 2 minutes or until mixture begins to thicken.
- ☐ Remove pan from heat; stir in cream, condensed milk, and vanilla.
- ☐ Let cool to room temperature.
- ☐ Pour mixture into freezer container of a 6-quart hand-turned or electric freezer, and freeze according to manufacturer's instructions 5 to 7 minutes or until partially frozen.

Layer top of ice cream evenly with oat mixture and caramel topping. Freeze according to manufacturer's instructions, 10 to 15 more minutes or until mixture is frozen. (If desired, remove mixture from freezer container, and place in another container. Return to freezer, and freeze 8 hours or overnight.)

Nutrition Facts



Properties

Glycemic Index:46.88, Glycemic Load:29.47, Inflammation Score:-9, Nutrition Score:23.799130481222%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 1330.34kcal (66.52%), Fat: 72.31g (111.24%), Saturated Fat: 39.24g (245.27%), Carbohydrates: 159.21g (53.07%), Net Carbohydrates: 156.92g (57.06%), Sugar: 143.24g (159.16%), Cholesterol: 287.1mg (95.7%), Sodium: 659.66mg (28.68%), Alcohol: 1.12g (100%), Alcohol %: 0.29% (100%), Protein: 19.11g (38.22%), Manganese: 1.14mg (56.9%), Calcium: 560.91mg (56.09%), Phosphorus: 527.46mg (52.75%), Vitamin A: 2510.1IU (50.2%), Vitamin B2: 0.83mg (48.85%), Selenium: 25.31µg (36.16%), Vitamin B1: 0.37mg (24.6%), Vitamin D: 3.54µg (23.59%), Magnesium: 93.48mg (23.37%), Potassium: 810.39mg (23.15%), Vitamin B12: 1.29µg (21.43%), Vitamin B5: 1.99mg (19.91%), Zinc: 2.65mg (17.69%), Copper: 0.29mg (14.54%), Folate: 55.59µg (13.9%), Vitamin E: 1.97mg (13.16%), Iron: 2.31mg (12.82%), Vitamin B6: 0.25mg (12.25%), Fiber: 2.3g (9.19%), Vitamin B3: 1.4mg (7.02%), Vitamin K: 6.08µg (5.79%), Vitamin C: 3.32mg (4.02%)