



## Pecan Pie Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



271 kcal

DESSERT

## Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons butter softened
- ☐ 0.8 cup brown sugar corn syrup
- ☐ 3 tablespoons cornstarch
- ☐ 2 large egg yolks
- ☐ 4 large egg yolks
- ☐ 1.3 cups granulated sugar
- ☐ 1 cup half-and-half

- ☐ 0.5 cup milk 2% reduced-fat
- ☐ 4 cups milk 2% reduced-fat
- ☐ 3 tablespoons pecans toasted chopped
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vanilla extract

## Equipment

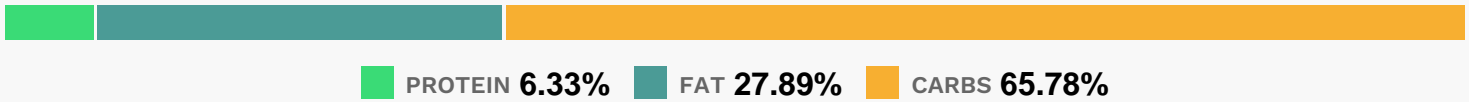
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ cookie cutter
- ☐ cutting board

## Directions

- ☐ To prepare ice cream, combine 4 cups milk and 1 cup half-and-half in a large, heavy saucepan; bring to a boil.
- ☐ Combine granulated sugar and 4 egg yolks; beat with a mixer at high speed until thick and pale. Gradually add half of hot milk mixture to yolk mixture, stirring constantly. Return milk mixture to pan. Cook over medium-low heat 2 minutes or until a thermometer registers 160, stirring constantly with a whisk.
- ☐ Remove from heat.
- ☐ Place pan in a large ice-filled bowl. Cool completely, stirring occasionally.
- ☐ Pour mixture into the freezer can of an ice-cream freezer, and freeze according to manufacturer's instructions.

- ☐ To prepare filling, combine corn syrup, brown sugar, cornstarch, and salt in a medium, heavy saucepan, stirring well with a whisk.
- ☐ Combine 1 cup half-and-half, 1/2 cup milk, and 2 egg yolks, stirring well.
- ☐ Add milk mixture to sugar mixture; stir well with a whisk.
- ☐ Place pan over low heat; cook 12 minutes or until thick and bubbly, stirring constantly.
- ☐ Remove from heat; stir in pecans, butter, and vanilla.
- ☐ Transfer filling to a bowl.
- ☐ Place plastic wrap directly over filling; chill.
- ☐ Spoon ice cream into a freezer-safe container; gently fold filling into ice cream. Cover and freeze 1 hour or until ice cream is firm.
- ☐ Preheat oven to 35
- ☐ To prepare garnish, place dough on a large cutting board or work surface.
- ☐ Cut 14 stars with a (1-inch) star-shaped cookie cutter.
- ☐ Place stars on a baking sheet coated with cooking spray.
- ☐ Bake at 350 for 12 minutes or until browned.
- ☐ Serve with ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:10.65, Glycemic Load:15.14, Inflammation Score:-2, Nutrition Score:4.8808695971966%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 270.84kcal (13.54%), Fat: 8.68g (13.35%), Saturated Fat: 4.03g (25.16%), Carbohydrates: 46.07g (15.36%),  
Net Carbohydrates: 45.85g (16.67%), Sugar: 44.19g (49.1%), Cholesterol: 95.1mg (31.7%), Sodium: 97.2mg (4.23%),  
Alcohol: 0.1g (100%), Alcohol %: 0.08% (100%), Protein: 4.43g (8.86%), Calcium: 130.06mg (13.01%), Vitamin B2:  
0.22mg (12.91%), Phosphorus: 121.59mg (12.16%), Selenium: 7.01µg (10.01%), Vitamin B12: 0.58µg (9.67%),  
Manganese: 0.12mg (5.93%), Vitamin A: 294.81IU (5.9%), Vitamin B5: 0.57mg (5.69%), Zinc: 0.78mg (5.23%),  
Vitamin B1: 0.07mg (4.84%), Potassium: 157.69mg (4.51%), Folate: 15.56µg (3.89%), Vitamin B6: 0.07mg (3.54%),  
Magnesium: 14.05mg (3.51%), Vitamin D: 0.39µg (2.62%), Vitamin E: 0.33mg (2.2%), Copper: 0.04mg (2.17%), Iron:  
0.35mg (1.95%)