



HEALTH SCORE

53%

Sunny's Butter Pecan Ice Cream



Vegetarian



Gluten Free

READY IN



42 min.

SERVINGS



1

CALORIES



3323 kcal

DESSERT

Ingredients

- ☐ 2 cups buttermilk
- ☐ 5.3 ounce evaporated milk canned
- ☐ 0.5 cup heavy cream
- ☐ 1 tablespoon brown sugar light
- ☐ 1 cup pecans chopped
- ☐ 1 pinch salt
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 0.3 cup butter unsalted

- ☐ 0.5 teaspoon vanilla extract

Equipment

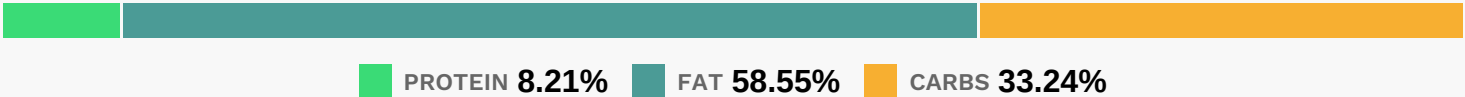
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ spatula
- ☐ ice cream machine

Directions

- ☐ In a large saute pan, melt the butter and then add the brown sugar, salt, and pecans, in that order, with a stir between each. Stir on medium-high as bubbles form, and continue to stir until the sugar is dissolved as much as possible and the coating on the pecans becomes sticky, 6 to 8 minutes.
- ☐ Remove from the heat and spread the mixture onto a baking sheet to cool. Refrigerate for about 10 minutes.
- ☐ Meanwhile, in a bowl, whisk together the heavy cream, buttermilk, sweetened condensed milk, evaporated milk, and vanilla extract. Use a spatula to release the pecans from the cooled sheet.
- ☐ Get fancy and put it in your home ice cream maker and prepare according to the manufacturer's instructions.
- ☐ Place in an air tight 2-quart container and freeze for at least 5 hours, stirring every 30 minutes for the first 2 hours, then every hour for 3 more hours.
- ☐ Add 2 cups ice and 1/2 cup coarse sea salt to a large plastic storage container.
- ☐ Pour the ice cream mixture into a 1-gallon plastic storage bag and seal, squeezing out as much air as possible.
- ☐ Place this bag in the plastic storage container and cover with the lid. Shake vigorously for 10 to 15 minutes.
- ☐ Add more ice and salt if needed halfway through the spin cycle. Depends on your shakin'! Once the shaking is done and you've checked for the right texture for your ice cream, remove the bag from the container and rinse off quickly in cold water. Open and scoop ice cream out,

or cut a hole in the corner of the bag and squeeze it out.

Nutrition Facts



Properties

Glycemic Index:102, Glycemic Load:139.39, Inflammation Score:-10, Nutrition Score:61.740869936736%

Flavonoids

Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg

Nutrients (% of daily need)

Calories: 3322.69kcal (166.13%), Fat: 222.12g (341.72%), Saturated Fat: 100.49g (628.07%), Carbohydrates: 283.71g (94.57%), Net Carbohydrates: 274.21g (99.71%), Sugar: 273.85g (304.27%), Cholesterol: 488.07mg (162.69%), Sodium: 1248.99mg (54.3%), Alcohol: 0.69g (100%), Alcohol %: 0.07% (100%), Protein: 70.05g (140.11%), Manganese: 4.52mg (226.15%), Calcium: 2245.47mg (224.55%), Phosphorus: 2076.54mg (207.65%), Vitamin B2: 3.33mg (195.77%), Selenium: 88.02µg (125.74%), Vitamin A: 5435.99IU (108.72%), Potassium: 3130.1mg (89.43%), Vitamin B1: 1.33mg (88.94%), Magnesium: 318.06mg (79.51%), Zinc: 11.55mg (76.98%), Vitamin B12: 4.48µg (74.72%), Copper: 1.42mg (71.05%), Vitamin B5: 7mg (70.02%), Vitamin D: 9.94µg (66.27%), Fiber: 9.5g (38.02%), Vitamin B6: 0.71mg (35.38%), Vitamin E: 5.01mg (33.4%), Folate: 108.12µg (27.03%), Iron: 3.91mg (21.71%), Vitamin C: 14.99mg (18.18%), Vitamin K: 15.97µg (15.21%), Vitamin B3: 2.84mg (14.19%)