

# Keto Brown Butter Pecan Ice Cream

Hands-on 30 minutes Overall 3-4 hours

**Nutritional values (per large scoop, 113 g/ 4 oz):** Total carbs: 7.5 g, Fiber: 1.6 g,

**Net carbs: 5.9 g,** Protein: 3.7 g, Fat: 39.6 g, Calories: 398 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 10 servings)

500 ml heavy cream (16.9 fl oz)

250 ml unsweetened [almond milk](#) (8.5 fl oz)

80 g unsalted butter (2.8 oz)

1 1/2 cups [pecans](#), chopped into your preferred size (163 g/ 5.7 oz)

2 tsp sugar-free [vanilla extract](#)

4 large egg yolks

1 tsp [vegetable glycerine](#)

1/4 cup granulated [Xylitol](#) (50 g/ 1.8 oz)

*Note: [Xylitol](#) improves the texture and add softness but you can use other low-carb sweeteners too: [Erythritol](#), [Swerve](#), [stevia](#) or monk fruit based sweeteners. To prevent any gritty texture, process in a coffee grinder or a blender to "powder".*

## Instructions

1. Preheat oven to 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional). Melt 20 grams of the butter and toss through the pecans until coated.
2. Spread out in an even layer on an oven tray and bake until browned, for about 10 minutes. Keep an eye on them as they can burn very easily.
3. Place cream, almond milk, vanilla, glycerine and Xylitol into a pan and heat over gentle heat until Xylitol has dissolved.
4. Melt the remaining 60 grams of butter in a pan and keep heating it until it reaches a deep golden brown colour. Again, keep an eye on it so that it doesn't burn. Add the butter to the cream mixture and whisk well.
5. Place the egg yolks in a mixing bowl and beat well. Add one third of the cream mixture to the egg yolks to temper the yolks, beating well.
6. Slowly add the egg yolk mixture in to the cream, beating the whole time, and place back over medium heat. Cook slowly until the mixture thickens.

7. Pour into a bowl and set aside to cool. Place cling wrap over the surface of the custard to avoid a skin forming and chill in the refrigerator until cold, preferably overnight.
8. Place mixture into your [ice cream maker](#) and mix until soft serve consistency is achieved.
9. Fold the pecans through the mix, retaining a handful for garnish.
10. Spoon the ice cream into a container, sprinkle with remaining pecans and freeze until firm, usually only a couple of hours. Store, in a container, in the freezer for up to a month.

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