

Keto Butter Pecan Ice Cream

♥ lowcarblove.com/blog/keto-butter-pecan-ice-cream

June 27, 2021



Servings: 4

Ice Cream

Ingredients:

- 1 1/2 cups heavy whipping cream
- 1/2 cup pecans, chopped
- 1/4 cup powdered sweetener
- 5 tablespoons of butter
- 1 tablespoon of vanilla extract

Caramel

Ingredients:

- 2 tablespoons of butter
- 1/4 cup of sweetener
- 1/4 cup of heavy whipping cream
- 1/2 teaspoon of vanilla extract

Directions:

1. In a bowl add heavy cream, sweetener, and vanilla.
2. Mix until stiff peaks and set aside.
3. Over medium low heat cook the butter and add in pecans.
4. Cook until fragrant and amber in color.
5. Remove from heat and allow to cool.
6. Fold in pecan into heavy cream.
7. Add to a sealed jar or container.
8. Place in the freezer for 2 to 4 hours.
9. For the caramel: add sweetener and cook until amber then add in remaining ingredients.
10. Enjoy!

Nutrition:

Nutrition per serving (does not include caramel):

- 3g Net Carbs
- 1g Fiber
- 4g Total Carbs
- 4g Protein
- 52g Fat
- 489 Calories

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