

# Low Carb Pecan Ice Cream

3.8 net carbs per serving for 8 servings.



LowCarbDiem.com



- 4 c heavy whipping cream
- 1/2 tsp liquid Splenda
- 2 tbsps butter
- 1 tsp vanilla extract
- 1/2 c pecan halves, toasted

## DIRECTIONS

Combine half of the cream with Splenda and butter in a medium saucepan.

Cook, stirring constantly over low heat until bubbles form around the edges of the pan.

Cool mixture and put in the ice cream machine. Stir in remaining cream and vanilla.

Freeze as directed by your machine's manufacturer. Add pecans after ice cream begins to harden.

Serving sizes can vary. Nutrition Facts are for total recipe.

## Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

**Calories** 3858

Calories from Fat: 3627

**% Daily Values\***

<b>Total Fat</b> 412g	633%
Saturated Fat 236g	1182%
<b>Cholesterol</b> 1367mg	456%
<b>Sodium</b> 593mg	25%
<b>Total Carbohydrates</b> 35g	12%
Dietary Fiber 4g	16%
<b>Protein</b> 24g	
<b>Vitamin A</b>	299%
<b>Vitamin C</b>	11%
<b>Calcium</b>	64%
<b>Iron</b>	8%

\* Percent Daily Values are based on a 2000 calorie diet.