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# Pecan Ice Cream

4 net carbs per serving.



Low Carbe Diem  
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Servings: 8

4 c heavy whipping cream  
8 drops liquid stevia (or equiv), to taste  
2 tbsps butter  
1 tsp vanilla extract  
1/2 c pecan halves, toasted

## DIRECTIONS

Combine half of the cream with stevia 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.

Place in an ice cream maker and churn according to instructions. Add pecans after ice cream begins to harden, near the end of churning. This makes ice cream with a perfect consistency.

- OR -

Place mixture into a container in the freezer, churning by hand with a fork / spoon / whisk every 30 minutes. This makes ice cream with a chunky-firm, icy consistency.

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Per Serving: 472 Calories; 47g Fat (95.4% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber.

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