AMERICAN · DESSERT

Keto Butter Pecan Ice Cream (No Churn)

20 min · plus 2–4 hours freezing · Makes 4 × about ¾ cup · 559 kcal a portion

Video 8:19 · Low Carb Love

Vegetarian · Gluten-free ingredients

Cream and butter-toasted pecans sweetened with a zero-sugar sweetener: about 4 g net carbs a serve and no added sugar.

Diet notes: Keto (3.7 g net carbs a serve).

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Ingredients

8 · MAKES 4 × ABOUT ¾ CUP

- [ ] ½ cup **pecans**, chopped
- [ ] 5 tbsp **butter**
- [ ] 1½ cups **heavy whipping cream**, well chilled
- [ ] 1 tbsp **vanilla extract**
- [ ] ¼ cup **powdered sweetener**
- [ ] a pinch of **salt**
- [ ] **flaky salt**, a pinch to top
- [ ] a few **raw pecan halves**, to top

Contains: Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Roughly chop the pecans, as small or chunky as you like. 0:10
2. Melt the butter in a pan over medium-low heat, add the pecans and sauté 2–5 minutes, until fragrant and the butter turns amber. Let cool. 0:48
3. In a well-chilled bowl, add the cold cream, vanilla and powdered sweetener (blitz granulated sweetener to a powder if that's all you have). 1:42
4. Whip until it holds stiff peaks; if it isn't there yet, scrape down the sides and whip about 1 minute more. 2:20
5. Spread the whipped cream in a freezer container and fold in the butter pecans gently to keep it airy. 3:03
6. Fold in a pinch of salt, sprinkle flaky salt and a few raw pecans on top, cover and freeze 2–4 hours before scooping. 3:53

> **Tip** Chill the bowl first so the cream whips fast. It's very rich (about 560 kcal a serve), so small scoops go a long way. The video's bonus sugar-free caramel (2 tbsp butter, ¼ cup sweetener, ¼ cup cream) isn't counted here.

The method is a summary in our words — the video shows every step.

One portion (about ¾ cup) gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
559 kcal 2,340 kJ	**3.6** g 7% of a day	**5.4** g 3.7 g net · 3.7 g sugars 2% of a day	**1.7** g 6% of a day	**59** g 31 g saturated 76% of a day	**130** mg 6% of a day

Energy from net carbs 3% · protein 3% · fat 94% — fits keto: 3.7 g net carbs, 94% of the energy from fat

High in (20%+ of a day) Vitamin A 54% · Omega-3 31%

Source of (10–19%) Vitamin E 10%

Recipe and video: Low Carb Love (@LowCarbLove) on YouTube — youtube.com/watch?v=tnHr74LA4vU, published 27 June 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-butter-pecan-ice-cream-no-churn