

# Bourbon Old Fashioned Glazed Pecans



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



241 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 4 teaspoon pepper black freshly ground
- ☐ 2 tablespoons brown sugar
- ☐ 0.1 teaspoon ground pepper
- ☐ 0.3 cup cherries dried
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon orange zest
- ☐ 2 cups pecans raw
- ☐ 2 tablespoons butter unsalted

☐ 0.3 cup irish whiskey

## Equipment

☐ bowl

☐ frying pan

☐ baking sheet

☐ baking paper

☐ wooden spoon

☐ spatula

## Directions

☐ Combine the bourbon and the dried cherries in a small bowl and set aside to soak for 30 minutes. In another small bowl, combine the brown sugar, salt, black pepper, and cayenne pepper and stir until well-combined. Set aside.

☐ Place the pecans in a large non-stick skillet over medium heat. Cook, stirring frequently, until they just start to brown and smell toasted, 3 to 4 minutes.

☐ Add the butter to the pan and stir until the butter is completely melted and the pecans are coated.

☐ Add the sugar and spice mixture to the pan and stir to combine. Turn off the heat and immediately pour in the cherries and bourbon. Stir for 1-2 minutes more, off heat, until everything is well incorporated.

☐ Return the pan to medium heat and continue to stir everything in the pan until the liquid thickens and a glaze forms on the pecans, 1 to 2 minutes longer.




☐ Transfer the pecans to a parchment-lined rimmed baking sheet.

☐ Using a spatula or wooden spoon, separate the pecans and spread them into an even layer on the parchment paper. Allow the pecans to cool completely. Once the pecans have cooled, zest the orange over the pecans.

☐ Transfer the pecans to a large bowl and serve.

## Nutrition Facts



 **PROTEIN 4.54%**  **FAT 78.59%**  **CARBS 16.87%**

Properties

Glycemic Index:11.13, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:6.9608696313656%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3–gallate: 0.57mg, Epigallocatechin 3–gallate: 0.57mg, Epigallocatechin 3–gallate: 0.57mg, Epigallocatechin 3–gallate: 0.57mg

Nutrients (% of daily need)

Calories: 241.34kcal (12.07%), Fat: 20.7g (31.84%), Saturated Fat: 3.34g (20.89%), Carbohydrates: 10g (3.33%), Net Carbohydrates: 6.93g (2.52%), Sugar: 5.87g (6.53%), Cholesterol: 7.53mg (2.51%), Sodium: 292.75mg (12.73%), Alcohol: 2.65g (100%), Alcohol %: 7.49% (100%), Protein: 2.69g (5.38%), Manganese: 1.25mg (62.27%), Copper: 0.31mg (15.72%), Fiber: 3.07g (12.29%), Vitamin B1: 0.17mg (11.08%), Magnesium: 32.22mg (8.05%), Zinc: 1.14mg (7.61%), Phosphorus: 71.57mg (7.16%), Vitamin A: 257.42IU (5.15%), Iron: 0.82mg (4.55%), Potassium: 121.95mg (3.48%), Vitamin E: 0.45mg (3%), Calcium: 29.93mg (2.99%), Vitamin B6: 0.06mg (2.92%), Vitamin K: 2.77µg (2.64%), Vitamin B5: 0.24mg (2.39%), Vitamin B2: 0.04mg (2.13%), Vitamin C: 1.32mg (1.6%), Vitamin B3: 0.32mg (1.59%), Selenium: 1.07µg (1.53%), Folate: 6.01µg (1.5%)