



## Bourbon-Pecan Pralines

 Vegetarian

READY IN



68 min.

SERVINGS



1

CALORIES



5505 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 0.3 cup bourbon
- ☐ 3 cups firmly brown sugar light packed
- ☐ 0.3 cup butter
- ☐ 2 tablespoons plus light
- ☐ 2 cups pecan halves and pieces
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup whipping cream

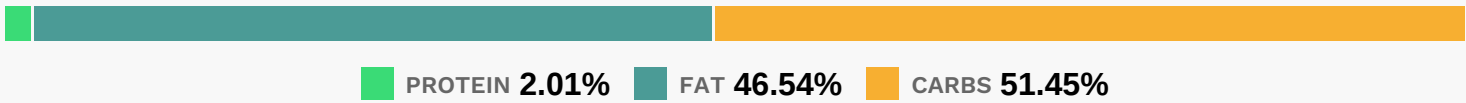
### Equipment

- ☐ frying pan
- ☐ oven
- ☐ wooden spoon
- ☐ wax paper
- ☐ dutch oven
- ☐ candy thermometer

## Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring halfway through. Cool completely (about 15 minutes).
- ☐ Meanwhile, bring brown sugar and next 4 ingredients to a boil in a heavy Dutch oven over medium heat, stirring constantly. Boil, stirring occasionally, 6 to 8 minutes or until a candy thermometer registers 236 (soft ball stage).
- ☐ Remove sugar mixture from heat.
- ☐ Let sugar mixture stand until candy thermometer reaches 150 (20 to 25 minutes). Stir in vanilla and pecans using a wooden spoon; stir constantly 1 to 2 minutes or just until mixture begins to lose its gloss. Quickly drop by heaping tablespoonfuls onto wax paper; let stand until firm (10 to 15 minutes).

## Nutrition Facts



## Properties

Glycemic Index:94, Glycemic Load:7.37, Inflammation Score:-10, Nutrition Score:52.693913148797%

## Flavonoids

Cyanidin: 23.41mg, Cyanidin: 23.41mg, Cyanidin: 23.41mg, Cyanidin: 23.41mg Delphinidin: 15.87mg, Delphinidin: 15.87mg, Delphinidin: 15.87mg, Delphinidin: 15.87mg Catechin: 15.78mg, Catechin: 15.78mg, Catechin: 15.78mg, Catechin: 15.78mg Epigallocatechin: 12.27mg, Epigallocatechin: 12.27mg, Epigallocatechin: 12.27mg, Epigallocatechin: 12.27mg Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg Epigallocatechin 3-gallate: 5.01mg, Epigallocatechin 3-gallate: 5.01mg, Epigallocatechin 3-gallate: 5.01mg, Epigallocatechin 3-gallate: 5.01mg

Nutrients (% of daily need)

Calories: 5505.12kcal (275.26%), Fat: 288.99g (444.6%), Saturated Fat: 97.38g (608.64%), Carbohydrates: 718.85g (239.62%), Net Carbohydrates: 697.93g (253.79%), Sugar: 690.14g (766.82%), Cholesterol: 390.95mg (130.32%), Sodium: 642.2mg (27.92%), Alcohol: 21.42g (100%), Alcohol %: 2.12% (100%), Protein: 28.03g (56.05%), Manganese: 10.25mg (512.74%), Copper: 2.97mg (148.39%), Vitamin B1: 1.52mg (101.28%), Vitamin A: 5038.86IU (100.78%), Calcium: 877.26mg (87.73%), Magnesium: 341.89mg (85.47%), Fiber: 20.93g (83.71%), Phosphorus: 784.56mg (78.46%), Zinc: 10.92mg (72.78%), Iron: 10.48mg (58.22%), Potassium: 2018.88mg (57.68%), Vitamin B2: 0.76mg (44.49%), Vitamin E: 6.56mg (43.72%), Vitamin B6: 0.81mg (40.75%), Selenium: 24.22µg (34.6%), Vitamin B5: 3.42mg (34.23%), Vitamin D: 3.81µg (25.39%), Vitamin K: 19.22µg (18.3%), Vitamin B3: 3.48mg (17.39%), Folate: 65.78µg (16.45%), Vitamin B12: 0.48µg (7.95%), Vitamin C: 3.83mg (4.64%)