



Bourbon Pecan Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



39 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon bourbon
- ☐ 1.5 tablespoons butter
- ☐ 2 tablespoons milk fat-free
- ☐ 0.3 cup pecans toasted chopped
- ☐ 1 cup sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup water

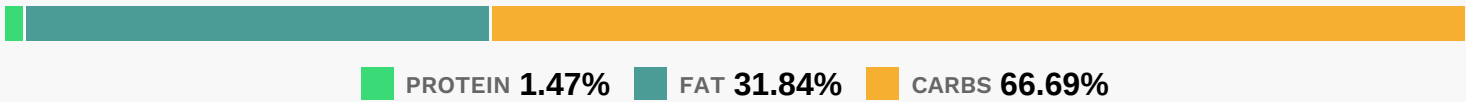
Equipment

sauce pan

Directions

Combine sugar and 1/3 cup water in a small saucepan over medium–high heat. Cook 5 minutes or until sugar dissolves, stirring constantly. Stir in pecans, milk, butter, bourbon, and vanilla extract. Reduce heat, and cook 3 minutes or until mixture is thick and bubbly.

Nutrition Facts



Properties

Glycemic Index:5.57, Glycemic Load:4.38, Inflammation Score:-1, Nutrition Score:0.34173912668358%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg

Nutrients (% of daily need)

Calories: 38.74kcal (1.94%), Fat: 1.37g (2.11%), Saturated Fat: 0.41g (2.55%), Carbohydrates: 6.46g (2.15%), Net Carbohydrates: 6.35g (2.31%), Sugar: 6.36g (7.07%), Cholesterol: 1.44mg (0.48%), Sodium: 4.82mg (0.21%), Alcohol: 0.24g (100%), Alcohol %: 2.53% (100%), Protein: 0.14g (0.28%), Manganese: 0.05mg (2.6%)