



Brown Sugar-Cinnamon Pecans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



225 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon pecan-praline-flavored ground coffee
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 tablespoons orange juice
- ☐ 2 cups pecan halves

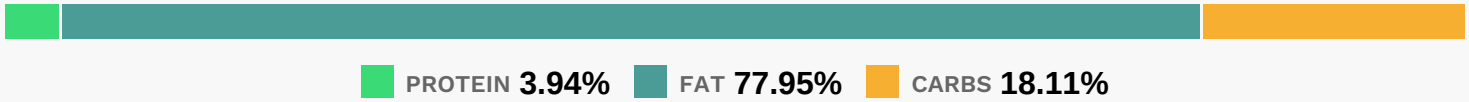
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Melt butter in a large skillet over medium heat; add brown sugar and next 4 ingredients. Stir well.
- ☐ Add pecans, stirring well to coat.
- ☐ Remove from heat.
- ☐ Spread coated pecans on a lightly greased 15" x 10" x 1" jellyroll pan.
- ☐ Bake at 325 for 14 to 15 minutes, stirring every 5 minutes. Cool completely. Break nuts apart.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:6.4543478642793%

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 Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 224.73kcal (11.24%), Fat: 20.66g (31.78%), Saturated Fat: 2.12g (13.23%), Carbohydrates: 10.79g (3.6%), Net Carbohydrates: 8.33g (3.03%), Sugar: 8.02g (8.91%), Cholesterol: 0mg (0%), Sodium: 35mg (1.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Manganese: 1.14mg (57.09%), Copper: 0.3mg (15.14%), Vitamin B1: 0.17mg (11.18%), Fiber: 2.47g (9.87%), Magnesium: 31.31mg (7.83%), Zinc: 1.13mg (7.53%), Phosphorus: 70.62mg (7.06%), Iron: 0.7mg (3.88%), Potassium: 122.39mg (3.5%), Vitamin A: 173.93IU (3.48%), Vitamin E: 0.48mg (3.19%), Vitamin C: 2.46mg (2.98%), Vitamin B6: 0.06mg (2.93%), Calcium: 25.89mg (2.59%), Vitamin B5: 0.23mg (2.34%), Vitamin B2: 0.04mg (2.08%), Folate: 6.9µg (1.72%), Vitamin B3: 0.32mg (1.61%), Selenium: 1.04µg (1.48%)