



Brown Sugar Pecan Brittle



Vegetarian



Gluten Free



Low Fod Map

READY IN



30 min.

SERVINGS



10

CALORIES



111 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 2 tablespoons butter
- ☐ 1 teaspoon ground cinnamon to taste
- ☐ 1 cup pecans crushed to taste
- ☐ 1 teaspoon vanilla extract

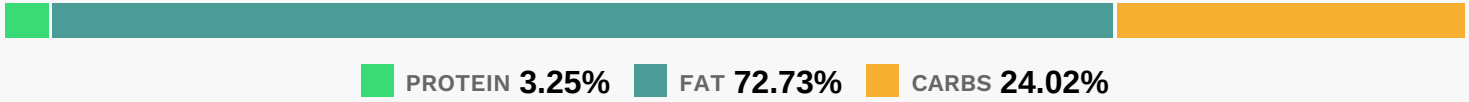
Equipment

- ☐ sauce pan
- ☐ baking paper

Directions

- ☐ Melt butter in a saucepan over medium heat. Cook and stir brown sugar in hot butter until dissolved.
- ☐ Add cinnamon and stir until fragrant, about 1 minute.
- ☐ Stir vanilla into brown sugar mixture; cook and stir until vanilla stops sizzling, about 30 seconds.
- ☐ Add pecans; cook and stir until pecans are fragrant and lightly toasted, about 1 minute.
- ☐ Pour pecan mixture out in a layer on parchment paper.
- ☐ Let cool to room temperature before breaking into pieces, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:2.6599999705087%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

Nutrients (% of daily need)

Calories: 111.03kcal (5.55%), Fat: 9.4g (14.46%), Saturated Fat: 2.05g (12.82%), Carbohydrates: 6.99g (2.33%), Net Carbohydrates: 5.93g (2.16%), Sugar: 5.78g (6.43%), Cholesterol: 6.02mg (2.01%), Sodium: 19.6mg (0.85%), Alcohol: 0.14g (100%), Alcohol %: 0.93% (100%), Protein: 0.95g (1.89%), Manganese: 0.48mg (24.24%), Copper: 0.12mg (6.12%), Vitamin B1: 0.07mg (4.37%), Fiber: 1.06g (4.23%), Magnesium: 12.7mg (3.17%), Zinc: 0.46mg (3.04%), Phosphorus: 28.47mg (2.85%), Iron: 0.31mg (1.71%), Vitamin A: 76.11IU (1.52%), Potassium: 50.03mg (1.43%), Calcium: 14.22mg (1.42%), Vitamin E: 0.21mg (1.39%), Vitamin B6: 0.02mg (1.18%)