



Brown Sugar Pecan Candies

 Gluten Free

READY IN



30 min.

SERVINGS



60

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup brown sugar packed
- 2 tablespoons butter
- 3 tablespoons plus light
- 0.5 cup evaporated milk
- 4 large marshmallows cut into quarters
- 2 cups pecans coarsely chopped
- 1.5 cups sugar
- 0.5 teaspoon vanilla extract

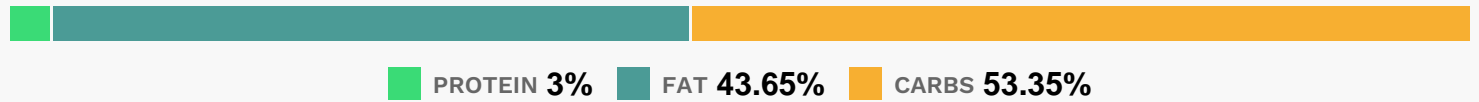
Equipment

- sauce pan
- candy thermometer

Directions

- In a large heavy saucepan, combine the sugars, milk and corn syrup. Cook over medium-low heat, stirring occasionally, until a candy thermometer reads 238° (soft-ball stage).
- Remove from the heat; stir in marshmallows and butter until smooth.
- Add pecans and vanilla; stir only until mixture begins to thicken. Quickly drop by tablespoonfuls onto waxed paper. Cool until set. Store in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:3.49, Glycemic Load:3.9, Inflammation Score:-1, Nutrition Score:1.0278260977534%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 62.2kcal (3.11%), Fat: 3.17g (4.88%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 8.72g (2.91%), Net Carbohydrates: 8.37g (3.05%), Sugar: 8.24g (9.16%), Cholesterol: 1.61mg (0.54%), Sodium: 6.85mg (0.3%), Alcohol: 0.01g (100%), Alcohol %: 0.1% (100%), Protein: 0.49g (0.98%), Manganese: 0.17mg (8.26%), Copper: 0.05mg (2.28%), Vitamin B1: 0.03mg (1.71%), Phosphorus: 14.55mg (1.46%), Fiber: 0.35g (1.4%), Magnesium: 5.1mg (1.27%), Zinc: 0.19mg (1.25%)