



Brown Sugar-Pecan Topping



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



284 kcal

SIDE DISH

Ingredients

- ☐ 1 cup firmly brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 0.3 cup milk
- ☐ 1 cup pecans chopped
- ☐ 1 cup coconut or sweetened flaked

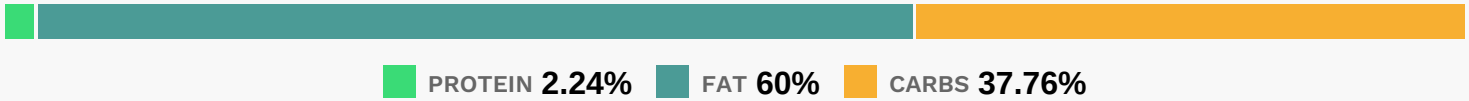
Equipment

- ☐ hand mixer

Directions

- ☐ Beat together all ingredients at medium speed with an electric mixer until well combined.
- ☐ Brown Sugar–Walnut Topping: Substitute chopped walnuts for pecans. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:9.8, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:4.2508695786414%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg

Nutrients (% of daily need)

Calories: 283.94kcal (14.2%), Fat: 19.69g (30.3%), Saturated Fat: 8.9g (55.64%), Carbohydrates: 27.89g (9.3%), Net Carbohydrates: 26g (9.45%), Sugar: 25.3g (28.11%), Cholesterol: 25.38mg (8.46%), Sodium: 106.46mg (4.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.31%), Manganese: 0.59mg (29.32%), Copper: 0.17mg (8.31%), Fiber: 1.89g (7.55%), Vitamin A: 302.92IU (6.06%), Vitamin B1: 0.08mg (5.22%), Magnesium: 20.71mg (5.18%), Phosphorus: 50.51mg (5.05%), Zinc: 0.6mg (4.03%), Calcium: 39.55mg (3.96%), Potassium: 119.56mg (3.42%), Selenium: 2.31µg (3.31%), Iron: 0.56mg (3.13%), Vitamin E: 0.42mg (2.8%), Vitamin B6: 0.04mg (1.99%), Vitamin B2: 0.03mg (1.8%), Vitamin B5: 0.18mg (1.78%), Vitamin K: 1.2µg (1.14%), Vitamin B3: 0.22mg (1.12%), Vitamin B12: 0.06µg (1.05%)