



Buttercrunch Topping



Vegetarian



Gluten Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



449 kcal

SIDE DISH

Ingredients

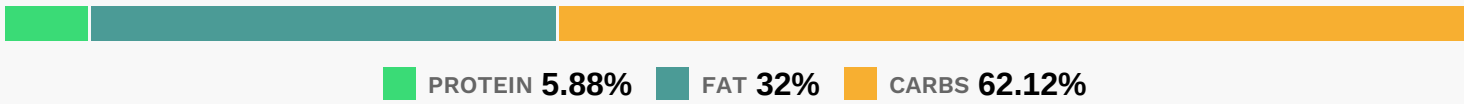
- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 0.3 cup butter melted
- ☐ 3 cups cornflakes cereal crushed
- ☐ 1.5 cups pecans chopped

Equipment

Directions

- ☐
- Stir together 3 cups crushed cornflakes cereal, 1 1/2 cups chopped pecans, 1/2 cup firmly packed light brown sugar, and 1/4 cup melted butter until blended. Store in freezer in a zip-top plastic freezer bag up to 3 months.
- ☐
- Note: This mixture is also delicious with winter squash and fruits such as apples; just sprinkle it on during the last 10 minutes of baking.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0.07, Inflammation Score:-9, Nutrition Score:29.890435226586%

Flavonoids

Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg

Nutrients (% of daily need)

Calories: 448.85kcal (22.44%), Fat: 16.66g (25.63%), Saturated Fat: 4.01g (25.06%), Carbohydrates: 72.76g (24.25%), Net Carbohydrates: 68.85g (25.04%), Sugar: 18.07g (20.07%), Cholesterol: 12.2mg (4.07%), Sodium: 556.99mg (24.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.77%), Iron: 21.01mg (116.69%), Vitamin B1: 1.06mg (70.62%), Vitamin B6: 1.31mg (65.47%), Vitamin B2: 1.1mg (64.83%), Vitamin B3: 12.91mg (64.55%), Folate: 257.26µg (64.32%), Vitamin B12: 3.56µg (59.31%), Manganese: 0.86mg (43.1%), Vitamin A: 1418.61IU (28.37%), Vitamin C: 15.08mg (18.28%), Copper: 0.34mg (17.1%), Vitamin D: 2.56µg (17.03%), Fiber: 3.91g (15.65%), Magnesium: 48.57mg (12.14%), Phosphorus: 119.49mg (11.95%), Zinc: 1.46mg (9.73%), Selenium: 6.7µg (9.57%), Potassium: 202.27mg (5.78%), Vitamin B5: 0.32mg (3.24%), Vitamin E: 0.45mg (2.97%), Calcium: 25.49mg (2.55%)