



Buttermilk Pralines

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



18

CALORIES



238 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 cup buttermilk
- ☐ 1 teaspoon cream of tartar
- ☐ 2 cups pecans coarsely chopped
- ☐ 3 cups sugar
- ☐ 1.5 teaspoons vanilla extract

Equipment

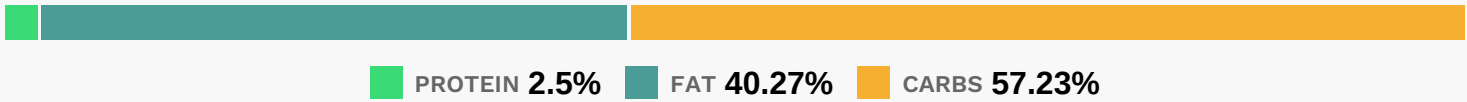
- ☐ frying pan

☐ dutch oven

Directions

- ☐ Combine sugar and buttermilk in a small Dutch oven, mixing well. Slowly bring to a boil, stirring constantly, until sugar dissolves. Cover and cook 2 to 3 minutes to wash down sugar crystals from sides of pan. Uncover and cook, stirring occasionally, until mixture reaches soft ball stage (234). Stir in cream of tartar.
- ☐ Remove from heat; stir in butter and vanilla. Beat 2 to 3 minutes or until mixture is creamy and begins to thicken. Stir in pecans. Working rapidly, drop mixture by rounded tablespoonfuls onto waxed paper; let cool.
- ☐ Remove from waxed paper, and store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:8.95, Glycemic Load:23.52, Inflammation Score:-1, Nutrition Score:3.5013043478779%

Flavonoids

Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg Delphinidin: 0.88mg, Delphinidin: 0.88mg, Delphinidin: 0.88mg, Delphinidin: 0.88mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg

Nutrients (% of daily need)

Calories: 238.41kcal (11.92%), Fat: 11.16g (17.17%), Saturated Fat: 2.2g (13.76%), Carbohydrates: 35.68g (11.89%), Net Carbohydrates: 34.52g (12.55%), Sugar: 34.44g (38.27%), Cholesterol: 6.48mg (2.16%), Sodium: 29.45mg (1.28%), Alcohol: 0.11g (100%), Alcohol %: 0.24% (100%), Protein: 1.56g (3.12%), Manganese: 0.55mg (27.4%), Copper: 0.15mg (7.58%), Vitamin B1: 0.09mg (5.76%), Fiber: 1.16g (4.65%), Phosphorus: 45.47mg (4.55%), Zinc: 0.61mg (4.04%), Magnesium: 16.08mg (4.02%), Potassium: 96.88mg (2.77%), Vitamin B2: 0.05mg (2.71%), Calcium: 24.75mg (2.48%), Iron: 0.33mg (1.86%), Vitamin A: 87.09IU (1.74%), Selenium: 1.18µg (1.68%), Vitamin B5: 0.16mg (1.58%), Vitamin E: 0.23mg (1.55%), Vitamin B6: 0.03mg (1.52%), Vitamin D: 0.17µg (1.16%), Vitamin B12: 0.07µg (1.09%)