



Café au Lait Pecan Pralines



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



225 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 cups firmly brown sugar light packed
- ☐ 0.3 cup butter
- ☐ 2 tablespoons plus light
- ☐ 2 tablespoons coffee granules instant
- ☐ 2 cups pecan halves and pieces
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup whipping cream

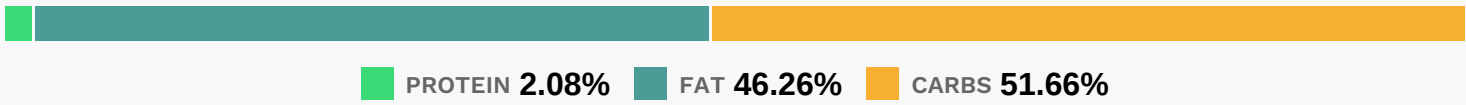
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wooden spoon
- ☐ wax paper
- ☐ dutch oven
- ☐ candy thermometer

Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring halfway through. Cool completely (about 15 minutes).
- ☐ Meanwhile, bring brown sugar and next 4 ingredients to a boil in a heavy Dutch oven over medium heat, stirring constantly. Boil, stirring occasionally, 6 to 8 minutes or until a candy thermometer registers 236 (soft ball stage).
- ☐ Remove sugar mixture from heat.
- ☐ Let sugar mixture stand until candy thermometer reaches 150 (20 to 25 minutes). Stir in vanilla and pecans using a wooden spoon; stir constantly 1 to 2 minutes or just until mixture begins to lose its gloss. Quickly drop by heaping tablespoonfuls onto wax paper; let stand until firm (10 to 15 minutes).

Nutrition Facts



Properties

Glycemic Index:3.29, Glycemic Load:0.31, Inflammation Score:-2, Nutrition Score:3.1243478565112%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 225.08kcal (11.25%), Fat: 12.04g (18.53%), Saturated Fat: 4.06g (25.37%), Carbohydrates: 30.27g (10.09%), Net Carbohydrates: 29.39g (10.69%), Sugar: 28.76g (31.95%), Cholesterol: 16.29mg (5.43%), Sodium: 26.89mg (1.17%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Caffeine: 13.08mg (4.36%), Protein: 1.22g (2.44%), Manganese: 0.43mg (21.7%), Copper: 0.12mg (6.19%), Vitamin B1: 0.06mg (4.21%), Vitamin A: 209.95IU (4.2%), Magnesium: 15.61mg (3.9%), Calcium: 37.14mg (3.71%), Fiber: 0.87g (3.49%), Phosphorus: 33.85mg (3.39%), Zinc: 0.46mg (3.04%), Potassium: 98.82mg (2.82%), Iron: 0.45mg (2.52%), Vitamin B2: 0.03mg (1.87%), Vitamin E: 0.27mg (1.82%), Vitamin B6: 0.03mg (1.7%), Selenium: 1.06µg (1.52%), Vitamin B5: 0.14mg (1.43%), Vitamin B3: 0.26mg (1.31%), Vitamin D: 0.16µg (1.06%)