



Candied Spiced Pecans

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



480 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 tsp allspice
- 1 cup brown sugar packed
- 1 cup brown sugar packed
- 0.5 stick butter
- 1 tsp cinnamon
- 0.5 cup granulated sugar
- 0.3 tsp ground cloves
- 1 tsp maple extract

- 0.3 tsp nutmeg
- 2 cups pecans
- 0.5 cup water

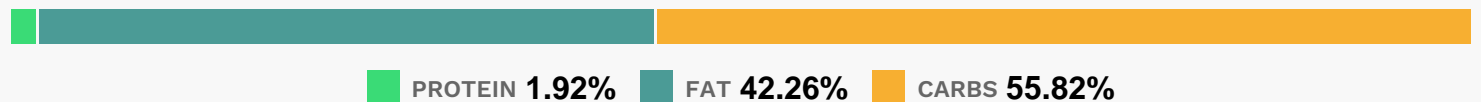
Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- aluminum foil
- slotted spoon

Directions

- Preheat oven to 300 F. Line a cookie sheet with tin foil and coat with cooking spray. Set aside. In a shallow bowl sift together granulated sugar, cinnamon, allspice, cloves, and nutmeg. Set aside. In a small bowl, whisk together maple extract, brown sugar and water. Over medium heat, melt butter in a skillet. Slowly whisk in brown sugar mixture and bring to a boil.
- Add pecans and stir to coat. Simmer for about 1-2 minutes until well coated. With a slotted spoon, transfer pecans to the reserved sugar and spice bowl. Coat pecans with sugar.
- Place pecans evenly on prepared cookie sheet and bake for 15 minutes. Stir pecans and bake for an additional 15 minutes.
- Let cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:27.51, Glycemic Load:8.86, Inflammation Score:-3, Nutrition Score:7.2339130434783%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg

Taste

Sweetness: 100%, Saltiness: 1.91%, Sourness: 0.93%, Bitterness: 2.57%, Savoriness: 0.34%, Fattiness: 35.36%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 480.29kcal (24.01%), Fat: 23.63g (36.35%), Saturated Fat: 5.18g (32.39%), Carbohydrates: 70.23g (23.41%), Net Carbohydrates: 67.63g (24.59%), Sugar: 66.84g (74.27%), Cholesterol: 15.18mg (5.06%), Sodium: 61.95mg (2.69%), Protein: 2.42g (4.84%), Manganese: 1.25mg (62.47%), Copper: 0.33mg (16.42%), Vitamin B1: 0.16mg (10.95%), Fiber: 2.6g (10.39%), Magnesium: 35.76mg (8.94%), Zinc: 1.16mg (7.71%), Phosphorus: 72.94mg (7.29%), Calcium: 69.43mg (6.94%), Iron: 1.07mg (5.92%), Potassium: 179.5mg (5.13%), Vitamin A: 191.81IU (3.84%), Vitamin B6: 0.08mg (3.79%), Vitamin E: 0.52mg (3.49%), Vitamin B5: 0.3mg (2.95%), Selenium: 1.76µg (2.52%), Vitamin B2: 0.04mg (2.19%), Vitamin B3: 0.36mg (1.8%), Folate: 6.32µg (1.58%), Vitamin K: 1.56µg (1.48%)