



## Candy Coated Pecans

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



12

CALORIES



264 kcal

SIDE DISH

### Ingredients

- 0.5 cup brown sugar packed
- 1 egg white
- 4 cups pecans
- 1 dash vanilla extract

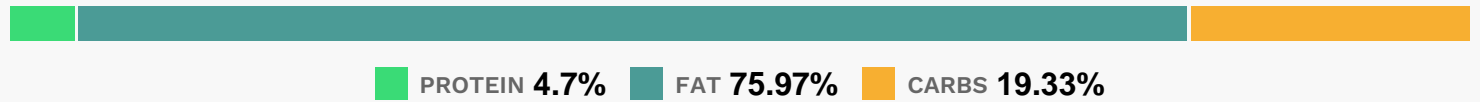
### Equipment

- baking sheet
- oven
- wax paper

## Directions

- Preheat oven to 275 degrees F (135 degrees C). Line a cookie sheet with wax paper. Spray the wax paper with cooking spray.
- Beat egg white until stiff.
- Add brown sugar and vanilla. Stir until smooth.
- Mix in pecans and stir until coated.
- Pour the nuts onto the prepared cookie sheet.
- Bake until browned, approximately 10 to 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:0.83, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:8.0473912529971%

## Flavonoids

Cyanidin: 3.54mg, Cyanidin: 3.54mg, Cyanidin: 3.54mg, Cyanidin: 3.54mg Delphinidin: 2.4mg, Delphinidin: 2.4mg, Delphinidin: 2.4mg, Delphinidin: 2.4mg Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg

## Nutrients (% of daily need)

Calories: 264.19kcal (13.21%), Fat: 23.76g (36.56%), Saturated Fat: 2.04g (12.75%), Carbohydrates: 13.6g (4.53%), Net Carbohydrates: 10.43g (3.79%), Sugar: 10.22g (11.36%), Cholesterol: 0mg (0%), Sodium: 6.72mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0.01% (100%), Protein: 3.31g (6.62%), Manganese: 1.49mg (74.56%), Copper: 0.4mg (20.04%), Vitamin B1: 0.22mg (14.53%), Fiber: 3.17g (12.67%), Magnesium: 41.03mg (10.26%), Zinc: 1.5mg (9.99%), Phosphorus: 92.15mg (9.22%), Iron: 0.9mg (5.01%), Potassium: 151.58mg (4.33%), Vitamin B6: 0.07mg (3.66%), Vitamin B2: 0.05mg (3.17%), Calcium: 30.88mg (3.09%), Vitamin E: 0.46mg (3.08%), Vitamin B5: 0.3mg (3.02%), Selenium: 1.86µg (2.66%), Vitamin B3: 0.4mg (1.99%), Folate: 7.45µg (1.86%), Vitamin K: 1.15µg (1.1%)