



Cappuccino Pecan Nuggets

 Gluten Free

READY IN



130 min.

SERVINGS



36

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 ounces baker's chocolate chopped
- ☐ 0.3 cup brown sugar packed
- ☐ 12 ounces candy coating disks chopped (almond bark)
- ☐ 12 rolos
- ☐ 1 tablespoon espresso powder dry instant ()
- ☐ 36 servings espresso powder dry instant
- ☐ 1.5 cups pecans
- ☐ 0.3 cup semi chocolate chips

- ☐ 3 tablespoons shortening
- ☐ 0.7 cup condensed milk sweetened
- ☐ 1 tablespoon whipping cream (heavy)

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ aluminum foil

Directions

- ☐ Line square pan, 8x8x2 or 9x9x2 inches, with aluminum foil, leaving 1 inch of foil overhanging at 2 opposite sides of pan; spray with cooking spray.
- ☐ Heat brown sugar, 1 tablespoon coffee and the milk to boiling in 2-quart saucepan; remove from heat. Stir in candy coating until melted.
- ☐ Pour into pan. Refrigerate uncovered about 30 minutes or until firm.
- ☐ Remove mixture from pan, using foil edges to lift.
- ☐ Cut into 6 rows by 6 rows.
- ☐ Heat caramels, chocolate chips and whipping cream in 1-quart saucepan over medium heat, stirring frequently, until mixture is melted and smooth. Refrigerate uncovered about 15 minutes, stirring once or twice, until mixture holds its shape and is cool enough to handle.
- ☐ Cover cookie sheet with waxed paper. For each nugget, roll 1/2 teaspoon caramel-chocolate mixture into ball; press between 2 pecan halves and flatten slightly. Shape 1 square coffee mixture evenly around pecan cluster; roll between hands to form ball.
- ☐ Place on cookie sheet. Refrigerate about 15 minutes or until firm.
- ☐ Cover cookie sheet with aluminum foil. Melt baking chocolate and shortening in 1-quart saucepan over low heat, stirring constantly. Dip 1 nugget at a time into chocolate mixture.
- ☐ Place on cookie sheet. Immediately sprinkle coffee over some of the nuggets.
- ☐ Drizzle remaining melted chocolate over some of the nuggets if desired. Refrigerate about 10 minutes or just until set.
- ☐ Serve at room temperature. Store in airtight container at room temperature.

Nutrition Facts

PROTEIN 4.6% FAT 59.1% CARBS 36.3%

Properties

Glycemic Index:1.97, Glycemic Load:1.9, Inflammation Score:-2, Nutrition Score:4.7326086549007%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 5.36mg, Catechin: 5.36mg, Catechin: 5.36mg, Catechin: 5.36mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 11.2mg, Epicatechin: 11.2mg, Epicatechin: 11.2mg, Epicatechin: 11.2mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 177.49kcal (8.87%), Fat: 12.4g (19.08%), Saturated Fat: 6.74g (42.15%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 15.32g (5.57%), Sugar: 13.3g (14.78%), Cholesterol: 2.71mg (0.9%), Sodium: 16.72mg (0.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 43.26mg (14.42%), Protein: 2.17g (4.35%), Manganese: 0.55mg (27.56%), Copper: 0.32mg (16.14%), Magnesium: 38.31mg (9.58%), Iron: 1.63mg (9.08%), Fiber: 1.82g (7.28%), Zinc: 1.04mg (6.91%), Phosphorus: 65.69mg (6.57%), Potassium: 156.89mg (4.48%), Calcium: 33.77mg (3.38%), Vitamin B1: 0.05mg (3.01%), Selenium: 1.91µg (2.73%), Vitamin B3: 0.5mg (2.51%), Vitamin B2: 0.04mg (2.44%), Vitamin K: 1.7µg (1.62%), Vitamin E: 0.2mg (1.31%), Vitamin B5: 0.11mg (1.07%)