



Caramel-Pecan Frosting



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



339 kcal

FROSTING

ICING

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.5 cup butter
- ☐ 0.3 cup buttermilk
- ☐ 1 cup brown sugar light
- ☐ 1 cup pecans chopped
- ☐ 2 cups powdered sugar
- ☐ 0.5 teaspoon vanilla extract

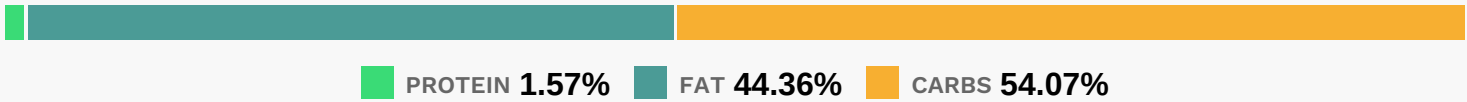
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ stand mixer

Directions

- ☐ Place chopped pecans in a single layer in a shallow pan.
- ☐ Bake at 350 for 6 minutes or until lightly toasted.
- ☐ Bring butter and brown sugar to a boil in a 3 1/2-qt. saucepan over medium heat, whisking constantly (about 2 minutes).
- ☐ Remove from heat, and slowly whisk in buttermilk.
- ☐ Return mixture to heat, and bring to a boil.
- ☐ Pour into bowl of a heavy-duty electric stand mixer. Gradually add powdered sugar and vanilla and almond extracts, beating at medium-high speed until smooth (about 1 minute). Stir in pecans. Use immediately.

Nutrition Facts



Properties

Glycemic Index:9.1, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:3.6182608565559%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 339.48kcal (16.97%), Fat: 17.32g (26.64%), Saturated Fat: 6.66g (41.62%), Carbohydrates: 47.48g (15.83%), Net Carbohydrates: 46.44g (16.89%), Sugar: 45.68g (50.76%), Cholesterol: 25.28mg (8.43%), Sodium: 88.05mg (3.83%), Alcohol: 0.1g (100%), Alcohol %: 0.17% (100%), Protein: 1.38g (2.76%), Manganese: 0.51mg (25.33%), Copper: 0.14mg (7.25%), Vitamin A: 302.94IU (6.06%), Vitamin B1: 0.08mg (5.09%), Fiber: 1.05g (4.19%), Phosphorus: 40.62mg (4.06%), Magnesium: 16.23mg (4.06%), Calcium: 38.09mg (3.81%), Zinc: 0.54mg (3.62%), Vitamin E: 0.42mg (2.81%), Potassium: 88.4mg (2.53%), Iron: 0.45mg (2.51%), Vitamin B2: 0.04mg (2.15%), Vitamin B6: 0.04mg (1.76%), Selenium: 1.23µg (1.76%), Vitamin B5: 0.17mg (1.66%), Vitamin K: 1.2µg (1.14%)