



Caramel-Pecan Pretzels

READY IN



55 min.

SERVINGS



40

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 20 individually wrapped caramels cut in half horizontally into 2 thin squares
- 0.5 cup chocolate chips dark
- 40 pecans
- 0.5 cup vanilla extract white
- 40 pretzel twists star-shaped

Equipment

- baking sheet
- oven

ziploc bags

microwave

Directions

Heat oven to 250F. On large cookie sheet, place pretzels in single layer.

Place caramel piece on center of each pretzel.

Bake 6 to 8 minutes or until caramels have softened.

Remove from oven. Press pecan half into each caramel piece.

Place close together on sheet of waxed paper.

In separate 1-quart resealable freezer plastic bags, place chocolate chips and vanilla chips; seal bags. Microwave each on High 35 to 50 seconds, squeezing chips in bag every 15 seconds, until chips are melted and smooth.

Cut small tip from bottom corner of each bag.

Drizzle melted chocolate over pretzels. Carefully drizzle melted vanilla chips over chocolate. (If careful when drizzling, there is no need to let the chocolate set before drizzling the vanilla chips.) Refrigerate about 20 minutes or until chocolate is set.

Nutrition Facts



PROTEIN 6.82% **FAT 30.81%** **CARBS 62.37%**

Properties

Glycemic Index:3.95, Glycemic Load:6.34, Inflammation Score:-1, Nutrition Score:1.4678260831405%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 71.45kcal (3.57%), Fat: 2.3g (3.53%), Saturated Fat: 0.89g (5.54%), Carbohydrates: 10.46g (3.49%), Net Carbohydrates: 10.04g (3.65%), Sugar: 4.56g (5.07%), Cholesterol: 0.37mg (0.12%), Sodium: 89.29mg (3.88%),

Alcohol: 0.89g (100%), Alcohol %: 6.57% (100%), Protein: 1.14g (2.29%), Manganese: 0.13mg (6.43%), Folate: 11.84µg (2.96%), Vitamin B1: 0.04mg (2.82%), Vitamin B2: 0.04mg (2.41%), Phosphorus: 20.25mg (2.02%), Iron: 0.35mg (1.94%), Vitamin B3: 0.37mg (1.87%), Fiber: 0.42g (1.7%), Calcium: 16.6mg (1.66%), Copper: 0.03mg (1.65%), Zinc: 0.23mg (1.53%), Potassium: 47.91mg (1.37%), Magnesium: 5.41mg (1.35%)