



Caramel Pecan Sauce

 Vegetarian

READY IN



10 min.

SERVINGS



16

CALORIES



71 kcal

SAUCE

Ingredients

- 0.8 cup caramel ice cream topping
- 4 nutter butter peanut butter sandwich cookies crushed ()
- 0.8 cup planters pecan halves toasted

Equipment

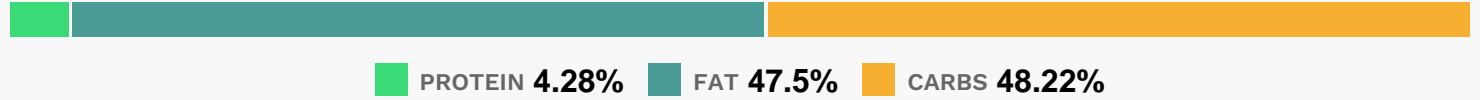
- bowl

Directions

Mix caramel sauce, pecans and crushed cookies in medium bowl.

Use as a topping for ice cream or cake.

Nutrition Facts



Properties

Glycemic Index:0.63, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.214347820567%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 71.2kcal (3.56%), Fat: 3.97g (6.1%), Saturated Fat: 0.47g (2.96%), Carbohydrates: 9.06g (3.02%), Net Carbohydrates: 8.61g (3.13%), Sugar: 7.22g (8.03%), Cholesterol: 0mg (0%), Sodium: 48.62mg (2.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.61%), Manganese: 0.21mg (10.71%), Copper: 0.06mg (2.78%), Vitamin B1: 0.03mg (2.04%), Fiber: 0.45g (1.78%), Phosphorus: 16.99mg (1.7%), Magnesium: 6.14mg (1.54%), Zinc: 0.21mg (1.4%)