



Caramel-Pecan Triangles

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



417 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 cups firmly brown sugar light divided packed
- ☐ 0.5 cup cocoa
- ☐ 0.5 cup plus dark
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 3.5 cups pecans toasted
- ☐ 1 teaspoon salt divided
- ☐ 0.8 cup butter unsalted

- ☐ 0.8 cup butter unsalted melted
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons vanilla extract
- ☐ 0.7 cup whipping cream

Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil
- ☐ candy thermometer

Directions

- ☐ Line a 13- x 9-inch pan with aluminum foil; grease foil. Set aside.
- ☐ Beat 1 cup brown sugar, melted butter, eggs, 1 teaspoon vanilla, and if desired, bourbon at medium speed with an electric mixer until smooth.
- ☐ Combine flour, cocoa, and 1/2 teaspoon salt. Gradually add to brown sugar mixture, beating until blended.
- ☐ Spread into prepared pan.
- ☐ Bake at 375 for 15 minutes. Cool on a wire rack.
- ☐ Bring 3/4 cup butter, syrup, remaining 3 cups brown sugar, and remaining 1/2 teaspoon salt to a boil, stirring constantly; boil, stirring constantly, until a candy thermometer registers 250 (hard ball stage).
- ☐ Remove from heat; stir in whipping cream and 2 tablespoons vanilla until blended. Stir in pecans.
- ☐ Pour over prepared crust.
- ☐ Bake at 375 for 25 minutes. Cool on a wire rack; cover and chill 8 hours.
- ☐ Cut into 12 squares; cut each square into 2 triangles. Store in refrigerator.

Nutrition Facts



 **PROTEIN 2.72%**  **FAT 53.9%**  **CARBS 43.38%**

Properties

Glycemic Index:7.29, Glycemic Load:6.47, Inflammation Score:-4, Nutrition Score:6.735217353572%

Flavonoids

Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg Delphinidin: 1.16mg, Delphinidin: 1.16mg, Delphinidin: 1.16mg, Delphinidin: 1.16mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg Epicatechin: 3.65mg, Epicatechin: 3.65mg, Epicatechin: 3.65mg, Epicatechin: 3.65mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 416.82kcal (20.84%), Fat: 26.01g (40.01%), Saturated Fat: 10.07g (62.94%), Carbohydrates: 47.1g (15.7%), Net Carbohydrates: 44.84g (16.31%), Sugar: 42.12g (46.8%), Cholesterol: 53.47mg (17.82%), Sodium: 127.98mg (5.56%), Alcohol: 0.43g (100%), Alcohol %: 0.6% (100%), Caffeine: 4.12mg (1.37%), Protein: 2.96g (5.91%), Manganese: 0.84mg (41.87%), Copper: 0.29mg (14.52%), Vitamin A: 483.13IU (9.66%), Fiber: 2.26g (9.04%), Vitamin B1: 0.13mg (8.76%), Magnesium: 34.01mg (8.5%), Phosphorus: 77.81mg (7.78%), Zinc: 0.96mg (6.39%), Iron: 1.14mg (6.35%), Selenium: 4.01µg (5.73%), Calcium: 55.82mg (5.58%), Potassium: 164.39mg (4.7%), Vitamin B2: 0.08mg (4.47%), Vitamin E: 0.66mg (4.4%), Vitamin B6: 0.06mg (3.12%), Vitamin B5: 0.3mg (3%), Folate: 11.85µg (2.96%), Vitamin D: 0.4µg (2.68%), Vitamin B3: 0.44mg (2.2%), Vitamin K: 1.83µg (1.74%), Vitamin B12: 0.07µg (1.2%)