



Chocolate-Dipped Praline Pretzels

READY IN



65 min.

SERVINGS



20

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz semisweet chocolate baking bars chopped
- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 2 tablespoons heavy cream
- ☐ 1.5 cups pecans coarsely chopped
- ☐ 16 pretzel rods

Equipment

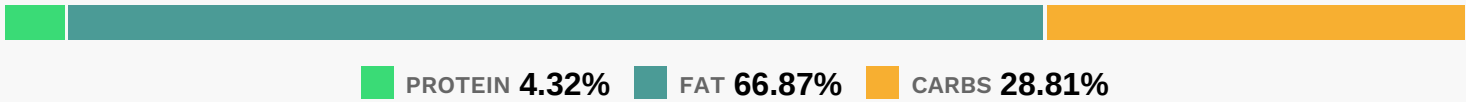
- ☐ frying pan
- ☐ oven

- ☐ cake form
- ☐ wax paper
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Stir together pecans, brown sugar, and cream.
- ☐ Spread in a single layer in a lightly buttered 9-inch round cake pan.
- ☐ Bake 20 minutes or until sugar is slightly crystallized, stirring once. Cool in pan 10 minutes; finely chop.
- ☐ Spread mixture in a single layer on wax paper.
- ☐ Place chocolate in a microwave-safe measuring cup. Microwave at HIGH 1 minute or until melted, stirring every 15 seconds. Immediately dip two-thirds of each pretzel rod into chocolate, twirling to coat all sides.
- ☐ Roll coated ends of pretzels in pecan mixture. Gently place on wax paper; let stand until chocolate is set. Store in airtight containers 4 days.

Nutrition Facts



Properties

Glycemic Index:4.65, Glycemic Load:0.55, Inflammation Score:-2, Nutrition Score:3.8452174190594%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

Nutrients (% of daily need)

Calories: 140.77kcal (7.04%), Fat: 10.8g (16.61%), Saturated Fat: 3.35g (20.95%), Carbohydrates: 10.46g (3.49%), Net Carbohydrates: 8.74g (3.18%), Sugar: 7.22g (8.02%), Cholesterol: 2.38mg (0.79%), Sodium: 12.23mg (0.53%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.75mg (3.25%), Protein: 1.57g (3.14%), Manganese: 0.53mg (26.37%), Copper: 0.24mg (12.12%), Magnesium: 30.43mg (7.61%), Fiber: 1.72g (6.88%), Iron: 0.98mg (5.45%), Phosphorus: 54.13mg (5.41%), Zinc: 0.68mg (4.56%), Vitamin B1: 0.06mg (4.09%), Potassium: 104.68mg (2.99%), Selenium: 1.38µg (1.97%), Calcium: 16.24mg (1.62%), Vitamin E: 0.2mg (1.33%), Vitamin B2: 0.02mg (1.27%), Vitamin B3: 0.24mg (1.18%), Vitamin B6: 0.02mg (1.16%), Vitamin B5: 0.11mg (1.15%), Vitamin K: 1.17µg (1.12%)