



Chocolate-Pecan Pralines

 Vegetarian  Gluten Free

READY IN



68 min.

SERVINGS



1

CALORIES



5651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 oz chocolate baking squares unsweetened
- ☐ 3 cups firmly brown sugar light packed
- ☐ 0.3 cup butter
- ☐ 2 tablespoons plus light
- ☐ 2 cups pecan halves and pieces
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup whipping cream

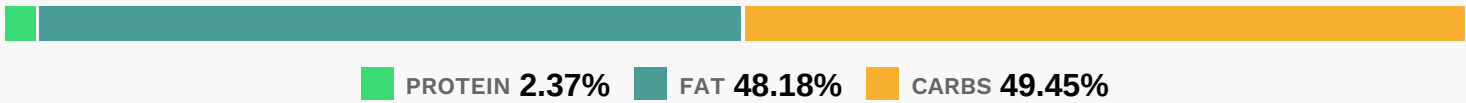
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wooden spoon
- ☐ wax paper
- ☐ dutch oven
- ☐ candy thermometer

Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring halfway through. Cool completely (about 15 minutes).
- ☐ Meanwhile, bring brown sugar and next 3 ingredients to a boil in a heavy Dutch oven over medium heat, stirring constantly. Boil, stirring occasionally, 6 to 8 minutes or until a candy thermometer registers 236 (soft ball stage).
- ☐ Remove sugar mixture from heat.
- ☐ Add chocolate baking squares to sugar mixture. (Do not stir.)
- ☐ Let sugar mixture stand until candy thermometer reaches 150 (20 to 25 minutes). Stir in vanilla and pecans using a wooden spoon; stir constantly 1 to 2 minutes or just until mixture begins to lose its gloss. Quickly drop by heaping tablespoonfuls onto wax paper; let stand until firm (10 to 15 minutes).

Nutrition Facts



Properties

Glycemic Index:79, Glycemic Load:7.37, Inflammation Score:-10, Nutrition Score:59.930869289066%

Flavonoids

Cyanidin: 23.41mg, Cyanidin: 23.41mg, Cyanidin: 23.41mg, Cyanidin: 23.41mg Delphinidin: 15.87mg, Delphinidin: 15.87mg, Delphinidin: 15.87mg, Delphinidin: 15.87mg Catechin: 52.26mg, Catechin: 52.26mg, Catechin: 52.26mg, Catechin: 52.26mg Epigallocatechin: 12.27mg, Epigallocatechin: 12.27mg, Epigallocatechin: 12.27mg, Epigallocatechin: 12.27mg Epicatechin: 82.2mg, Epicatechin: 82.2mg, Epicatechin: 82.2mg, Epicatechin: 82.2mg Epigallocatechin 3-gallate: 5.01mg, Epigallocatechin 3-gallate: 5.01mg, Epigallocatechin 3-gallate: 5.01mg, Epigallocatechin 3-gallate: 5.01mg

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Nutrients (% of daily need)

Calories: 5650.58kcal (282.53%), Fat: 318.65g (490.23%), Saturated Fat: 115.72g (723.28%), Carbohydrates: 735.77g (245.26%), Net Carbohydrates: 705.43g (256.52%), Sugar: 690.65g (767.39%), Cholesterol: 390.95mg (130.32%), Sodium: 655.21mg (28.49%), Alcohol: 1.38g (100%), Alcohol %: 0.14% (100%), Caffeine: 45.36mg (15.12%), Protein: 35.34g (70.68%), Manganese: 12.61mg (630.33%), Copper: 4.79mg (239.42%), Magnesium: 527.3mg (131.83%), Fiber: 30.34g (121.36%), Iron: 20.32mg (112.9%), Zinc: 16.35mg (109.03%), Vitamin B1: 1.6mg (106.6%), Phosphorus: 1008.96mg (100.9%), Vitamin A: 5038.86IU (100.78%), Calcium: 934.53mg (93.45%), Potassium: 2488.28mg (71.09%), Vitamin B2: 0.81mg (47.68%), Vitamin E: 6.78mg (45.23%), Vitamin B6: 0.83mg (41.49%), Selenium: 28.81µg (41.16%), Vitamin B5: 3.52mg (35.19%), Vitamin D: 3.81µg (25.39%), Vitamin K: 24.72µg (23.54%), Vitamin B3: 4.24mg (21.19%), Folate: 81.66µg (20.41%), Vitamin B12: 0.48µg (7.95%), Vitamin C: 3.83mg (4.64%)