



Chocolate Praline

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



82 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 1 tablespoon plus
- 1.5 teaspoons milk
- 0.3 cup slivered almonds
- 0.3 cup sugar
- 1.5 teaspoons cocoa unsweetened
- 1 teaspoon vegetable oil

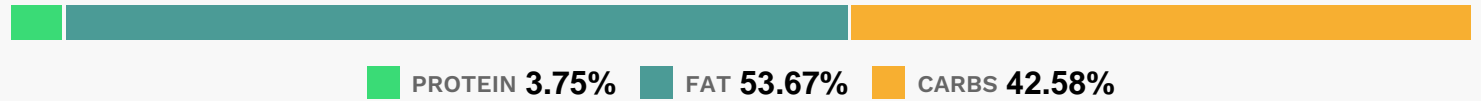
Equipment

- frying pan
- oven
- aluminum foil
- pie form

Directions

- Place almonds in a 9-inch pie pan.
- Bake in a 300 regular or convection oven, shaking pan once, until nuts are golden, 10 to 12 minutes. Coat a 12-inch square of foil lightly with vegetable oil (about 1 teaspoon).
- In an 8- to 10-inch frying pan over medium-high heat, combine sugar, butter, corn syrup, and milk. Stir occasionally until mixture is bubbly and golden, about 5 minutes.
- Add cocoa and stir until smooth, then stir in toasted almonds.
- Pour mixture onto oiled foil and spread about 1/4 inch thick.
- Let cool until solid, about 10 minutes. Break praline into 6 to 8 large chunks.

Nutrition Facts



Properties

Glycemic Index:23.39, Glycemic Load:4.81, Inflammation Score:-1, Nutrition Score:1.3739130441909%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 82.44kcal (4.12%), Fat: 5.17g (7.95%), Saturated Fat: 2.05g (12.79%), Carbohydrates: 9.22g (3.07%), Net Carbohydrates: 8.73g (3.17%), Sugar: 8.55g (9.5%), Cholesterol: 7.64mg (2.55%), Sodium: 24.7mg (1.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.63%), Vitamin E: 0.99mg (6.61%), Manganese: 0.08mg (4.23%),

Magnesium: 10.26mg (2.56%), Vitamin B2: 0.04mg (2.51%), Copper: 0.04mg (2.12%), Fiber: 0.49g (1.97%),
Phosphorus: 19.4mg (1.94%), Vitamin A: 89.02IU (1.78%), Vitamin K: 1.29µg (1.23%), Calcium: 11.73mg (1.17%)