



Christmas Turtle Candies



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 individually wrapped caramels
- ☐ 4 ounces pecan halves
- ☐ 1 cup semi chocolate chips
- ☐ 1 teaspoon shortening

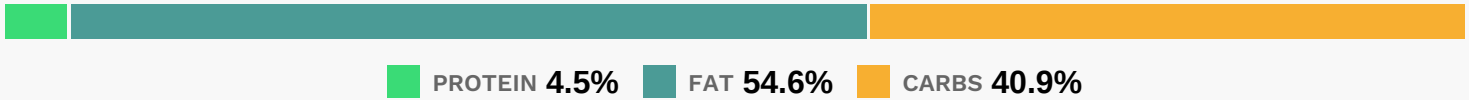
Equipment

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C). Cover cookies sheet with aluminum foil, shiny side exposed. Lightly grease foil with vegetable oil spray.
- ☐ Place 3 pecan halves in a Y shape on the foil.
- ☐ Place 1 caramel candy in the center of each Y.
- ☐ Bake just until caramel is melted, about 9 to 10 minutes.
- ☐ Heat shortening and chocolate chips over low heat just until chocolate is melted.
- ☐ Spread over candies and refrigerate for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:5.03, Inflammation Score:-1, Nutrition Score:2.6408695630405%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg 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: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg 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: 116.09kcal (5.8%), Fat: 7.29g (11.22%), Saturated Fat: 2.24g (14.02%), Carbohydrates: 12.29g (4.1%), Net Carbohydrates: 11.23g (4.09%), Sugar: 9.49g (10.55%), Cholesterol: 1.15mg (0.38%), Sodium: 25.26mg (1.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.45mg (2.15%), Protein: 1.35g (2.7%), Manganese: 0.31mg (15.65%), Copper: 0.15mg (7.6%), Magnesium: 20.62mg (5.15%), Phosphorus: 43.99mg (4.4%), Fiber: 1.05g (4.21%), Iron: 0.61mg (3.38%), Zinc: 0.46mg (3.05%), Vitamin B1: 0.04mg (2.93%), Potassium: 83.3mg (2.38%), Calcium: 21.76mg (2.18%), Vitamin B2: 0.04mg (2.08%), Selenium: 0.99µg (1.41%), Vitamin B5: 0.13mg (1.27%), Vitamin E: 0.17mg (1.13%)