



Coconut-Pecan Frosting

 Vegetarian  Gluten Free

READY IN



98 min.

SERVINGS



25

CALORIES



219 kcal

FROSTING

ICING

Ingredients

- 0.8 cup butter
- 6 egg yolks lightly beaten
- 12 oz evaporated milk canned
- 2 cups pecans chopped
- 1.5 cups sugar
- 2 cups coconut or sweetened flaked
- 1.5 teaspoons vanilla extract

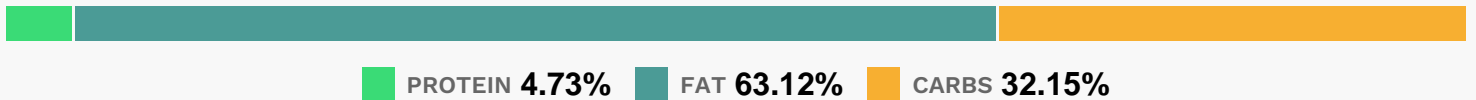
Equipment

- bowl
- frying pan
- sauce pan
- oven

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 20 minutes).
- Meanwhile, cook evaporated milk, sugar, butter, and egg yolks in a heavy 3-qt. saucepan over medium heat, stirring constantly, 3 to 4 minutes or until butter melts and sugar dissolves. Cook, stirring constantly, 12 to 14 minutes or until mixture becomes a light caramel color, is bubbling, and reaches a pudding-like thickness.
- Remove pan from heat; stir in coconut, vanilla, and pecans.
- Transfer mixture to a bowl.
- Let stand, stirring occasionally, 45 minutes or until cooled and spreading consistency.

Nutrition Facts



Properties

Glycemic Index:5.2, Glycemic Load:8.42, Inflammation Score:-2, Nutrition Score:4.3639130514601%

Flavonoids

Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg

Nutrients (% of daily need)

Calories: 219.26kcal (10.96%), Fat: 15.92g (24.49%), Saturated Fat: 6.87g (42.95%), Carbohydrates: 18.24g (6.08%), Net Carbohydrates: 16.73g (6.08%), Sugar: 16.25g (18.05%), Cholesterol: 65.24mg (21.75%), Sodium: 79.81mg

(3.47%), Alcohol: 0.08g (100%), Alcohol %: 0.2% (100%), Protein: 2.68g (5.37%), Manganese: 0.46mg (23.09%), Phosphorus: 77.07mg (7.71%), Copper: 0.13mg (6.56%), Selenium: 4.3µg (6.14%), Fiber: 1.51g (6.04%), Vitamin A: 269.88IU (5.4%), Calcium: 49.72mg (4.97%), Vitamin B2: 0.08mg (4.88%), Vitamin B1: 0.07mg (4.86%), Magnesium: 17.67mg (4.42%), Zinc: 0.65mg (4.37%), Potassium: 108.47mg (3.1%), Vitamin B5: 0.31mg (3.08%), Vitamin E: 0.41mg (2.76%), Iron: 0.47mg (2.64%), Folate: 9.72µg (2.43%), Vitamin B6: 0.04mg (2.13%), Vitamin B12: 0.12µg (1.96%), Vitamin D: 0.25µg (1.65%)