



Coconut-Pecan Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



99 kcal

SAUCE

Ingredients

- ☐ 2.5 tablespoons cornstarch
- ☐ 12 ounce evaporated milk low-fat canned
- ☐ 0.3 cup pecans chopped
- ☐ 3 tablespoons stick margarine
- ☐ 1.5 cups sugar
- ☐ 0.3 cup coconut or sweetened flaked
- ☐ 1.5 teaspoons vanilla extract

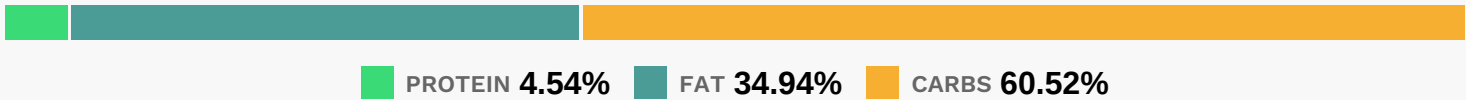
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine sugar and cornstarch in a medium, heavy saucepan.
- ☐ Add milk; stir with a whisk.
- ☐ Add butter. Bring to a boil over medium heat; cook 1 minute. Stir constantly.
- ☐ Remove from heat; stir in pecans, coconut, and vanilla.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:3.34, Glycemic Load:8.73, Inflammation Score:-1, Nutrition Score:1.2639130522376%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg

Nutrients (% of daily need)

Calories: 98.94kcal (4.95%), Fat: 3.94g (6.06%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 15.35g (5.12%), Net Carbohydrates: 15.11g (5.49%), Sugar: 14.32g (15.91%), Cholesterol: 4.11mg (1.37%), Sodium: 35.2mg (1.53%), Alcohol: 0.09g (100%), Alcohol %: 0.34% (100%), Protein: 1.15g (2.3%), Manganese: 0.08mg (3.95%), Calcium: 38.88mg (3.89%), Phosphorus: 34.4mg (3.44%), Vitamin B2: 0.05mg (2.95%), Vitamin A: 100.84IU (2.02%), Potassium: 53.77mg (1.54%), Magnesium: 5.8mg (1.45%), Zinc: 0.19mg (1.24%), Copper: 0.02mg (1.23%), Vitamin B1: 0.02mg (1.13%), Vitamin B5: 0.11mg (1.06%)