



Coffee Penuche



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



600 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 cups firmly brown sugar light packed
- ☐ 2 tablespoons butter
- ☐ 1 cup hot-brewed coffee brewed
- ☐ 2 tablespoons plus light
- ☐ 1 cup pecans chopped
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vanilla extract

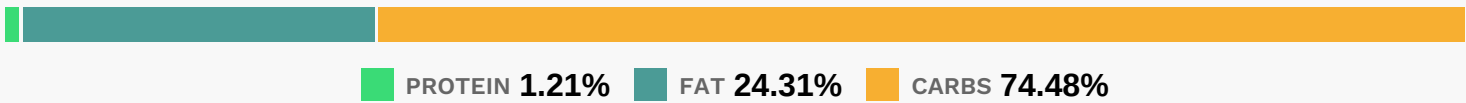
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ wooden spoon
- ☐ candy thermometer

Directions

- ☐ Cook first 3 ingredients in a large heavy saucepan over low heat, stirring until sugar dissolves. Cover and cook over medium heat 2 to 3 minutes to wash down sugar from sides of pan. Uncover and cook, without stirring, until candy thermometer registers 238 (soft ball stage).
- ☐ Remove from heat, and add butter, vanilla, and salt (do not stir). Cool to 17
- ☐ Stir in pecans, and beat with a wooden spoon until mixture thickens and begins to lose its gloss.
- ☐ Spread into a buttered 8-inch square pan. Cool until firm.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:4.83, Glycemic Load:1.15, Inflammation Score:-2, Nutrition Score:6.2617391069298%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 600.15kcal (30.01%), Fat: 16.86g (25.94%), Saturated Fat: 1.9g (11.89%), Carbohydrates: 116.19g (38.73%), Net Carbohydrates: 114.45g (41.62%), Sugar: 113.14g (125.71%), Cholesterol: 0mg (0%), Sodium: 128.65mg (5.59%), Alcohol: 0.23g (100%), Alcohol %: 0.16% (100%), Caffeine: 15.8mg (5.27%), Protein: 1.89g (3.78%), Manganese: 0.9mg (44.93%), Copper: 0.27mg (13.55%), Calcium: 107.26mg (10.73%), Vitamin B1: 0.13mg (8.69%), Magnesium:

33.36mg (8.34%), Fiber: 1.74g (6.98%), Potassium: 243.17mg (6.95%), Iron: 1.25mg (6.92%), Zinc: 0.9mg (5.98%), Phosphorus: 57.02mg (5.7%), Vitamin B6: 0.08mg (4.21%), Vitamin B5: 0.41mg (4.06%), Vitamin A: 177.1IU (3.54%), Vitamin B2: 0.06mg (3.29%), Selenium: 2.06µg (2.95%), Vitamin E: 0.4mg (2.69%), Vitamin B3: 0.41mg (2.06%), Folate: 5.93µg (1.48%)