



## Easy 1000 Watt Microwave Pralines

 Vegetarian  Gluten Free

READY IN



13 min.

SERVINGS



24

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons butter
- 2 tablespoons plus light
- 1 cup brown sugar light
- 1 cup milk
- 1.8 cups pecan halves
- 1 pinch salt
- 1 cup sugar white

### Equipment

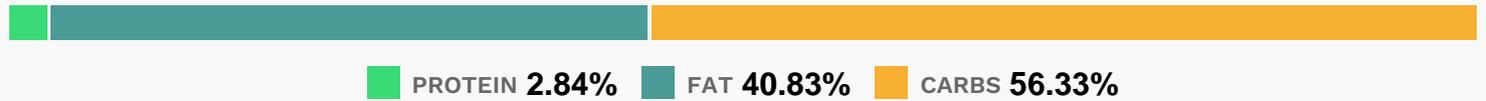
microwave

## Directions

Butter some waxed paper and lay on a flat surface or cookies sheet. In a 2 1/2 quart microwave dish, stir together sugar, butter, milk, brown sugar, corn syrup, and salt. Microwave on high, 4 minutes. Stir. Microwave another 4 minutes. Stir in pecans, and drop by tablespoons onto buttered paper.

Let cool.

## Nutrition Facts



## Properties

Glycemic Index:7.8, Glycemic Load:6.3, Inflammation Score:-1, Nutrition Score:2.2313043245155%

## Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

## Nutrients (% of daily need)

Calories: 136.45kcal (6.82%), Fat: 6.5g (10%), Saturated Fat: 1.23g (7.72%), Carbohydrates: 20.18g (6.73%), Net Carbohydrates: 19.49g (7.09%), Sugar: 19.39g (21.55%), Cholesterol: 3.73mg (1.24%), Sodium: 16.77mg (0.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.03%), Manganese: 0.33mg (16.57%), Copper: 0.09mg (4.58%), Vitamin B1: 0.05mg (3.63%), Phosphorus: 30.91mg (3.09%), Fiber: 0.69g (2.77%), Magnesium: 10.82mg (2.71%), Calcium: 25.77mg (2.58%), Zinc: 0.38mg (2.54%), Potassium: 57.5mg (1.64%), Vitamin B2: 0.03mg (1.49%), Iron: 0.25mg (1.4%), Vitamin B6: 0.03mg (1.26%), Vitamin B5: 0.11mg (1.14%)