



Filling



Vegetarian



Gluten Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



723 kcal

SIDE DISH

Ingredients

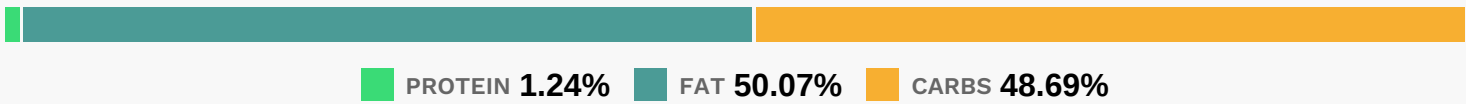
- ☐ 2 cups firmly domino brown sugar light packed
- ☐ 0.8 cup butter melted
- ☐ 2 tablespoons ground cinnamon
- ☐ 1 cup pecans toasted chopped

Equipment

Directions

Stir together all ingredients until blended.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:9.0839129258757%

Flavonoids

Cyanidin: 2.13mg, Cyanidin: 2.13mg, Cyanidin: 2.13mg, Cyanidin: 2.13mg Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg

Nutrients (% of daily need)

Calories: 723.26kcal (36.16%), Fat: 41.91g (64.48%), Saturated Fat: 18.74g (117.1%), Carbohydrates: 91.68g (30.56%), Net Carbohydrates: 88.08g (32.03%), Sugar: 86.24g (95.82%), Cholesterol: 73.21mg (24.4%), Sodium: 243.9mg (10.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.68%), Manganese: 1.51mg (75.31%), Vitamin A: 871.44IU (17.43%), Copper: 0.29mg (14.49%), Fiber: 3.6g (14.4%), Calcium: 127.14mg (12.71%), Vitamin B1: 0.13mg (8.87%), Magnesium: 34.48mg (8.62%), Iron: 1.4mg (7.77%), Vitamin E: 1.14mg (7.61%), Phosphorus: 68.59mg (6.86%), Zinc: 1.01mg (6.75%), Potassium: 220.18mg (6.29%), Vitamin B6: 0.08mg (4.19%), Vitamin K: 4.07µg (3.88%), Vitamin B5: 0.34mg (3.36%), Selenium: 2.25µg (3.21%), Vitamin B2: 0.04mg (2.27%), Vitamin B3: 0.39mg (1.93%), Folate: 6.45µg (1.61%)