



Frosted Pecan Bites



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



792 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 egg whites beaten
- ☐ 1 pound pecan halves
- ☐ 1 pinch salt
- ☐ 1 cup sugar white

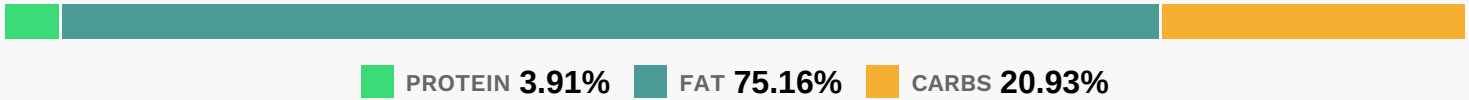
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 275 degrees F (135 degrees C).
- ☐ Toast pecans for 10 to 15 minutes or until lightly toasted. Set aside to cool.
- ☐ Fold sugar, salt and pecans into egg whites.
- ☐ Increase oven temperature to 325 degrees F (165 degrees C). Melt butter or margarine on a sheet pan.
- ☐ Spread the nut mixture over pan and bake for 30 minutes, stirring every 10 minutes.
- ☐ Remove from oven and allow to cool.

Nutrition Facts



Properties

Glycemic Index:21.68, Glycemic Load:23.6, Inflammation Score:-6, Nutrition Score:16.002173877281%

Flavonoids

Cyanidin: 8.12mg, Cyanidin: 8.12mg, Cyanidin: 8.12mg, Cyanidin: 8.12mg Delphinidin: 5.5mg, Delphinidin: 5.5mg, Delphinidin: 5.5mg, Delphinidin: 5.5mg Catechin: 5.47mg, Catechin: 5.47mg, Catechin: 5.47mg, Catechin: 5.47mg Epigallocatechin: 4.26mg, Epigallocatechin: 4.26mg, Epigallocatechin: 4.26mg, Epigallocatechin: 4.26mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Epigallocatechin 3-gallate: 1.74mg, Epigallocatechin 3-gallate: 1.74mg, Epigallocatechin 3-gallate: 1.74mg, Epigallocatechin 3-gallate: 1.74mg

Nutrients (% of daily need)

Calories: 791.55kcal (39.58%), Fat: 69.9g (107.53%), Saturated Fat: 14.4g (89.97%), Carbohydrates: 43.79g (14.6%), Net Carbohydrates: 36.54g (13.29%), Sugar: 36.35g (40.39%), Cholesterol: 40.67mg (13.56%), Sodium: 145.03mg (6.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.18g (16.37%), Manganese: 3.4mg (170.22%), Copper: 0.91mg (45.59%), Vitamin B1: 0.5mg (33.35%), Fiber: 7.26g (29.03%), Magnesium: 92.95mg (23.24%), Zinc: 3.45mg (22.99%), Phosphorus: 215.45mg (21.54%), Iron: 1.94mg (10.78%), Vitamin A: 515.06IU (10.3%), Vitamin E: 1.5mg (9.98%), Potassium: 331.46mg (9.47%), Vitamin B2: 0.15mg (9.11%), Vitamin B6: 0.16mg (7.99%), Selenium: 5.26µg (7.52%), Vitamin B5: 0.69mg (6.92%), Calcium: 58.5mg (5.85%), Vitamin B3: 0.9mg (4.51%), Folate: 17.6µg (4.4%), Vitamin K: 3.97µg (3.78%), Vitamin C: 0.83mg (1.01%)