

Frosted Pecan Bites



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



396 kcal

SIDE DISH

Ingredients



0.5 cup butter



2 egg whites beaten



1 pound pecan halves



12 servings salt to taste



1 cup sugar white

Equipment



frying pan

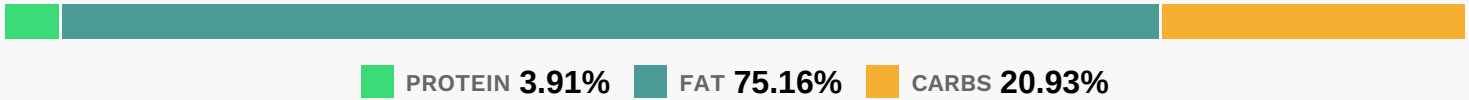


oven

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:10.84, Glycemic Load:11.8, Inflammation Score:-4, Nutrition Score:9.5304346589938%

Flavonoids

Cyanidin: 4.06mg, Cyanidin: 4.06mg, Cyanidin: 4.06mg, Cyanidin: 4.06mg Delphinidin: 2.75mg, Delphinidin: 2.75mg, Delphinidin: 2.75mg, Delphinidin: 2.75mg Catechin: 2.74mg, Catechin: 2.74mg, Catechin: 2.74mg, Catechin: 2.74mg Epigallocatechin: 2.13mg, Epigallocatechin: 2.13mg, Epigallocatechin: 2.13mg, Epigallocatechin: 2.13mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epigallocatechin 3-gallate: 0.87mg, Epigallocatechin 3-gallate: 0.87mg, Epigallocatechin 3-gallate: 0.87mg, Epigallocatechin 3-gallate: 0.87mg

Nutrients (% of daily need)

Calories: 395.78kcal (19.79%), Fat: 34.95g (53.77%), Saturated Fat: 7.2g (44.98%), Carbohydrates: 21.9g (7.3%), Net Carbohydrates: 18.27g (6.64%), Sugar: 18.18g (20.19%), Cholesterol: 20.34mg (6.78%), Sodium: 263.07mg (11.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.18%), Manganese: 1.7mg (85.13%), Copper: 0.46mg (22.8%), Vitamin B1: 0.25mg (16.68%), Fiber: 3.63g (14.51%), Magnesium: 46.48mg (11.62%), Zinc: 1.72mg (11.5%), Phosphorus: 107.72mg (10.77%), Iron: 0.97mg (5.4%), Vitamin A: 257.53IU (5.15%), Vitamin E: 0.75mg (4.99%), Potassium: 165.77mg (4.74%), Vitamin B2: 0.08mg (4.56%), Vitamin B6: 0.08mg (4%), Selenium: 2.63µg (3.76%), Vitamin B5: 0.35mg (3.46%), Calcium: 29.37mg (2.94%), Vitamin B3: 0.45mg (2.26%), Folate: 8.8µg (2.2%), Vitamin K: 1.99µg (1.89%)