



German Chocolate Syrup



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



15

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 0.3 cup butter melted
- ☐ 2 egg yolks lightly beaten
- ☐ 5 oz evaporated milk canned
- ☐ 0.7 cup pecans chopped
- ☐ 0.7 cup coconut or sweetened flaked
- ☐ 0.5 teaspoon vanilla extract

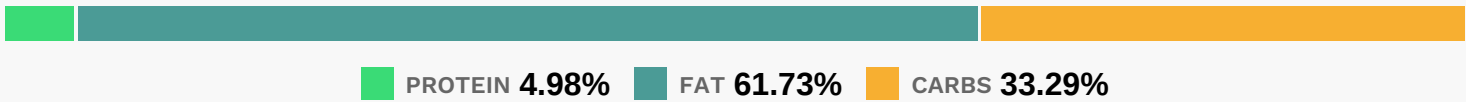
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans and coconut in a single layer in a shallow pan 5 to 7 minutes or until lightly toasted and fragrant, stirring halfway through.
- ☐ Cook evaporated milk and next 3 ingredients in a heavy 2-qt. saucepan over medium heat, stirring constantly, 8 to 10 minutes or until mixture bubbles and begins to thicken.
- ☐ Remove from heat, and stir in vanilla, pecans, and coconut.
- ☐ Serve immediately, or store in an airtight container in refrigerator up to 1 week.
- ☐ To Reheat: Microwave syrup in a microwave-safe bowl at HIGH 10 to 15 seconds or just until warm; stir until smooth.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.6086956521739%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 126.56kcal (6.33%), Fat: 8.96g (13.79%), Saturated Fat: 3.9g (24.4%), Carbohydrates: 10.88g (3.63%), Net Carbohydrates: 10.04g (3.65%), Sugar: 9.68g (10.75%), Cholesterol: 36.79mg (12.26%), Sodium: 48.33mg (2.1%),

Alcohol: 0.05g (100%), Alcohol %: 0.18% (100%), Protein: 1.63g (3.26%), Manganese: 0.26mg (13.06%), Phosphorus: 46.95mg (4.69%), Calcium: 38.58mg (3.86%), Copper: 0.08mg (3.81%), Selenium: 2.48µg (3.54%), Fiber: 0.84g (3.36%), Vitamin A: 154.45IU (3.09%), Vitamin B2: 0.05mg (2.99%), Vitamin B1: 0.04mg (2.76%), Magnesium: 10.93mg (2.73%), Zinc: 0.38mg (2.53%), Potassium: 75.61mg (2.16%), Vitamin B5: 0.19mg (1.93%), Iron: 0.32mg (1.76%), Vitamin E: 0.23mg (1.55%), Folate: 5.63µg (1.41%), Vitamin B6: 0.03mg (1.38%), Vitamin B12: 0.07µg (1.14%)