



Graham Pralines

READY IN



45 min.

SERVINGS



24

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter
- ☐ 1 sleeve graham crackers
- ☐ 0.5 cup butter
- ☐ 1 cup pecans chopped
- ☐ 0.1 teaspoon salt

Equipment

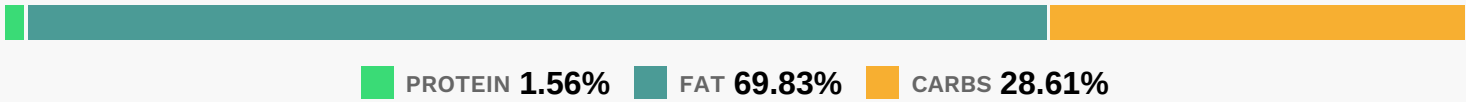
- ☐ baking sheet

- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Cover a baking sheet with aluminum foil; spray lightly with non-stick vegetable spray. Break crackers and arrange on baking sheet; set aside. Melt butter, margarine, sugar and salt together in a saucepan over low heat. Bring to a boil and boil for 2 minutes; pour over crackers.
- ☐ Sprinkle pecans over top; bake at 350 degrees for 10 to 12 minutes.
- ☐ Let cool; break apart.

Nutrition Facts



Properties

Glycemic Index:5.58, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:1.6395652511198%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 136.6kcal (6.83%), Fat: 10.97g (16.88%), Saturated Fat: 3.51g (21.94%), Carbohydrates: 10.11g (3.37%), Net Carbohydrates: 9.66g (3.51%), Sugar: 9.21g (10.23%), Cholesterol: 10.17mg (3.39%), Sodium: 93.53mg (4.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.1%), Manganese: 0.21mg (10.51%), Vitamin A: 289.89IU (5.8%), Copper: 0.06mg (2.95%), Vitamin E: 0.32mg (2.13%), Vitamin B1: 0.03mg (2.13%), Fiber: 0.46g (1.82%), Magnesium: 6.9mg (1.73%), Phosphorus: 16.35mg (1.63%), Zinc: 0.22mg (1.49%), Calcium: 13.81mg (1.38%), Iron: 0.21mg (1.14%)