



Honey-Pecan Butterscotch Sauce

 Vegetarian  Gluten Free

READY IN



42 min.

SERVINGS



12

CALORIES



205 kcal

SAUCE

Ingredients

- ☐ 1 cup firmly brown sugar light packed
- ☐ 0.5 cup butter
- ☐ 0.3 cup honey
- ☐ 0.3 cup milk
- ☐ 0.8 cup pecans toasted coarsely chopped

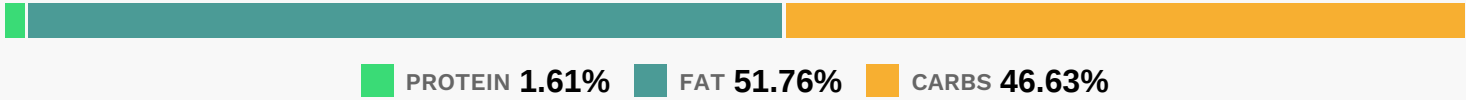
Equipment

- ☐ sauce pan

Directions

- ☐ Bring brown sugar, butter, milk, and honey to a boil in a medium saucepan over medium-high heat, stirring constantly; boil, stirring constantly, 2 minutes.
- ☐ Remove from heat, and cool 30 minutes. Stir in pecans.
- ☐ Serve over hot apple pie topped with vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:12.52, Glycemic Load:3.15, Inflammation Score:-2, Nutrition Score:2.300869571126%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 204.76kcal (10.24%), Fat: 12.29g (18.91%), Saturated Fat: 5.34g (33.37%), Carbohydrates: 24.91g (8.3%), Net Carbohydrates: 24.3g (8.84%), Sugar: 24.08g (26.75%), Cholesterol: 20.95mg (6.98%), Sodium: 68.16mg (2.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Manganese: 0.3mg (14.8%), Vitamin A: 248.06IU (4.96%), Copper: 0.09mg (4.27%), Vitamin B1: 0.04mg (2.94%), Calcium: 28.49mg (2.85%), Phosphorus: 25.56mg (2.56%), Magnesium: 10.08mg (2.52%), Fiber: 0.61g (2.43%), Zinc: 0.33mg (2.2%), Vitamin E: 0.31mg (2.06%), Potassium: 63.32mg (1.81%), Iron: 0.32mg (1.77%), Vitamin B6: 0.03mg (1.28%), Vitamin B2: 0.02mg (1.23%), Vitamin B5: 0.11mg (1.12%)