



Maple-Pecan Ice-Cream Topping

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



392 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup firmly brown sugar light packed
- ☐ 2 tablespoons butter
- ☐ 3 tablespoons maple syrup
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.3 cup water
- ☐ 0.3 cup whipping cream

Equipment

- ☐ sauce pan

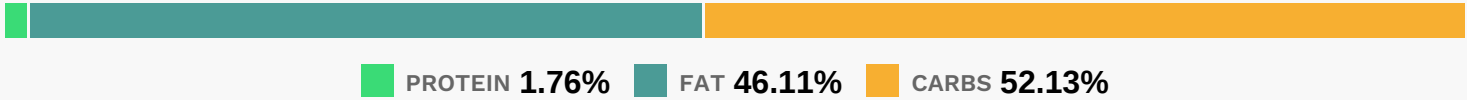
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candy thermometer

Directions

- ☐ Cook first 3 ingredients in a saucepan over medium heat, stirring constantly, 6 to 8 minutes or until a candy thermometer registers 234 (soft ball stage).
- ☐ Remove from heat; stir in butter. Cool.
- ☐ Stir in pecans and whipping cream. Store in refrigerator up to 3 weeks.
- ☐ Serve warm over ice cream.

Nutrition Facts



Properties

Glycemic Index:11.63, Glycemic Load:3.75, Inflammation Score:-4, Nutrition Score:6.1778260832248%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 392.3kcal (19.62%), Fat: 20.81g (32.02%), Saturated Fat: 5.43g (33.95%), Carbohydrates: 52.95g (17.65%), Net Carbohydrates: 51.64g (18.78%), Sugar: 49.98g (55.53%), Cholesterol: 16.81mg (5.6%), Sodium: 83.67mg (3.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.57%), Manganese: 0.98mg (49.23%), Vitamin B2: 0.24mg (14.05%), Vitamin A: 476.68IU (9.53%), Copper: 0.19mg (9.34%), Calcium: 72.49mg (7.25%), Vitamin B1: 0.1mg (6.9%), Magnesium: 24.75mg (6.19%), Fiber: 1.31g (5.23%), Zinc: 0.77mg (5.15%), Phosphorus: 49.63mg (4.96%), Potassium: 161.55mg (4.62%), Iron: 0.67mg (3.72%), Vitamin E: 0.54mg (3.63%), Vitamin B6: 0.05mg (2.57%), Vitamin B5: 0.22mg (2.16%), Selenium: 1.46µg (2.08%), Vitamin D: 0.24µg (1.59%), Vitamin B3: 0.23mg (1.14%), Folate: 4.07µg (1.02%)