



Maple Pecan Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



11

CALORIES



256 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup honey
- ☐ 2 cups maple syrup
- ☐ 0.8 cup pecans toasted chopped

Equipment

- ☐ sauce pan

Directions

- ☐ Combine syrup and honey in a medium saucepan; cook over medium heat 10 minutes or until very slightly thickened, stirring frequently.
- ☐ Remove from heat; stir in pecans and cinnamon. (
- ☐ Mixture will thicken as it cools.)

Nutrition Facts



Properties

Glycemic Index:9.43, Glycemic Load:21.05, Inflammation Score:-1, Nutrition Score:7.6182608947806%

Flavonoids

Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Nutrients (% of daily need)

Calories: 256.49kcal (12.82%), Fat: 5.35g (8.23%), Saturated Fat: 0.46g (2.87%), Carbohydrates: 53.25g (17.75%), Net Carbohydrates: 52.46g (19.08%), Sugar: 48.03g (53.36%), Cholesterol: 0mg (0%), Sodium: 5.89mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Manganese: 1.71mg (85.46%), Vitamin B2: 0.76mg (44.65%), Calcium: 70.85mg (7.09%), Vitamin B1: 0.09mg (5.85%), Magnesium: 21.65mg (5.41%), Zinc: 0.78mg (5.21%), Potassium: 170.6mg (4.87%), Copper: 0.09mg (4.75%), Fiber: 0.79g (3.17%), Phosphorus: 21.26mg (2.13%), Iron: 0.32mg (1.8%)