



WHATSheATE



Maple-Rosemary-Bourbon Pecans



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



792 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 tablespoons bourbon
- ☐ 2 tablespoons kosher salt
- ☐ 0.3 cup maple syrup
- ☐ 3 cups pecans raw unsalted
- ☐ 2 medium rosemary leaves fresh

Equipment

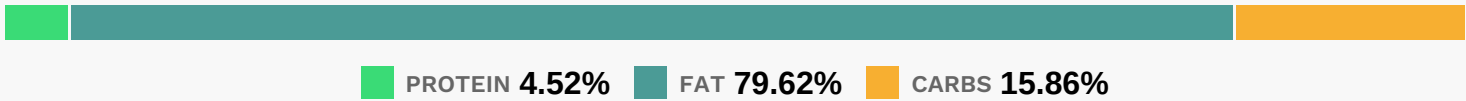
- ☐ baking sheet
- ☐ sauce pan

- ☐ baking paper
- ☐ oven
- ☐ sieve

Directions

- ☐ Preheat oven to 325°F. Line baking sheet with parchment paper.
- ☐ Combine bourbon, maple syrup, salt, and 2/3 cup water in medium saucepan. Bring to a boil, stirring until salt is dissolved. Drop in rosemary sprigs and remove saucepan from heat. Allow mixture to cool from hot to warm, about 5 minutes.
- ☐ Remove rosemary sprigs from saucepan and discard. Stir in pecans. Soak pecans, stirring occasionally, for 15 minutes.
- ☐ Drain pecans through fine mesh sieve.
- ☐ Spread in single layer on baking sheet and bake until dry, toasty, and fragrant, about 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:7.03, Inflammation Score:-7, Nutrition Score:19.616086949473%

Flavonoids

Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 792.06kcal (39.6%), Fat: 71.32g (109.72%), Saturated Fat: 6.14g (38.36%), Carbohydrates: 31.98g (10.66%), Net Carbohydrates: 22.38g (8.14%), Sugar: 20.01g (22.23%), Cholesterol: 0mg (0%), Sodium: 4653.7mg (202.33%), Alcohol: 5.01g (100%), Alcohol %: 4.14% (100%), Protein: 9.1g (18.2%), Manganese: 5.09mg (254.66%), Copper: 1.2mg (59.84%), Vitamin B1: 0.67mg (44.82%), Fiber: 9.6g (38.39%), Magnesium: 126.15mg (31.54%), Zinc: 4.7mg (31.31%),

Vitamin B2: 0.47mg (27.71%), Phosphorus: 275.27mg (27.53%), Iron: 2.62mg (14.58%), Potassium: 471.99mg (13.49%), Vitamin B6: 0.21mg (10.51%), Calcium: 103.54mg (10.35%), Vitamin E: 1.39mg (9.24%), Vitamin B5: 0.86mg (8.6%), Vitamin B3: 1.19mg (5.94%), Folate: 22.51µg (5.63%), Selenium: 3.77µg (5.39%), Vitamin K: 3.46µg (3.3%), Vitamin C: 1.23mg (1.5%), Vitamin A: 74.93IU (1.5%)