



## Megan's Pecan Pralines



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



210 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 cup evaporated milk
- ☐ 8 ounces pecans coarsely chopped
- ☐ 3 cups sugar
- ☐ 8 tablespoons butter unsalted cut into small pieces (1 stick)
- ☐ 1 teaspoon vanilla extract pure

### Equipment

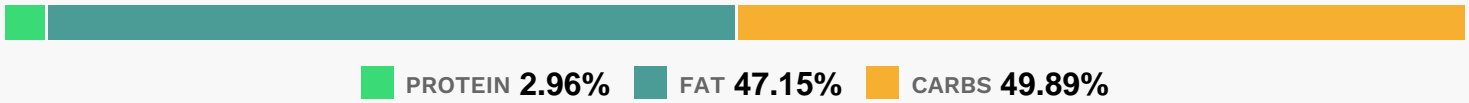
- ☐ frying pan
- ☐ baking sheet

- ☐ pot
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ wax paper
- ☐ pastry brush
- ☐ candy thermometer

## Directions

- ☐ Line 2 large baking sheets with wax paper.
- ☐ In a large heavy pot, stir together the sugar and 1 cup evaporated milk. Attach a candy thermometer to the pot and place it over moderately low heat. Cook, stirring occasionally—use a pastry brush dipped in cold water to wash down any sugar crystals clinging to the side of the pot—until the sugar is dissolved, 2 to 3 minutes. Raise the heat to moderate and cook the mixture, undisturbed, until the thermometer registers 238°F (soft-ball stage), 12 to 15 minutes.
- ☐ Remove the pan from the heat and let the mixture cool, undisturbed, until the thermometer registers 220°F, about 6 minutes.
- ☐ Using a wooden spoon, stir in the vanilla and butter. Continue stirring until the mixture is creamy and thick, 1 to 2 minutes. Stir in the pecan pieces. Working quickly, use a wooden spoon to scoop up heaping tablespoons of the praline mixture and a small metal spoon to scrape the mixture onto the prepared baking sheets, leaving about 1 inch between pralines. If the mixture starts to crystallize and harden, add 1 to 2 tablespoons evaporated milk and place over low heat, stirring, until the mixture softens then continue dropping on prepared baking sheets.
- ☐ Let the pralines harden at room temperature. DO AHEAD: Pralines can be made ahead, wrapped individually in waxed paper, and stored in an airtight container in a cool place, up to 1 week.

## Nutrition Facts



## Properties

Glycemic Index:3.34, Glycemic Load:17.49, Inflammation Score:-1, Nutrition Score:3.0182609182337%

## Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Delphinidin: 0.69mg, Delphinidin: 0.69mg, Delphinidin: 0.69mg, Delphinidin: 0.69mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg

## Nutrients (% of daily need)

Calories: 209.66kcal (10.48%), Fat: 11.46g (17.64%), Saturated Fat: 3.46g (21.65%), Carbohydrates: 27.29g (9.1%), Net Carbohydrates: 26.38g (9.59%), Sugar: 26.4g (29.34%), Cholesterol: 13.08mg (4.36%), Sodium: 11.91mg (0.52%), Alcohol: 0.06g (100%), Alcohol %: 0.15% (100%), Protein: 1.62g (3.24%), Manganese: 0.43mg (21.37%), Copper: 0.12mg (5.88%), Phosphorus: 48.62mg (4.86%), Vitamin B1: 0.07mg (4.5%), Fiber: 0.91g (3.63%), Calcium: 35.41mg (3.54%), Magnesium: 14.07mg (3.52%), Zinc: 0.52mg (3.44%), Vitamin B2: 0.05mg (3.06%), Vitamin A: 147.01IU (2.94%), Potassium: 72.43mg (2.07%), Vitamin E: 0.26mg (1.72%), Vitamin B5: 0.15mg (1.54%), Iron: 0.27mg (1.51%), Vitamin B6: 0.03mg (1.26%), Selenium: 0.8µg (1.14%)