



Melt in Your Mouth Pralines

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



36

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 2 tablespoons butter
- ☐ 0.5 cup buttermilk
- ☐ 0.5 cup confectioners' sugar
- ☐ 0.3 cup heavy cream
- ☐ 2 cups pecans chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract

☐ 1.5 cups sugar white

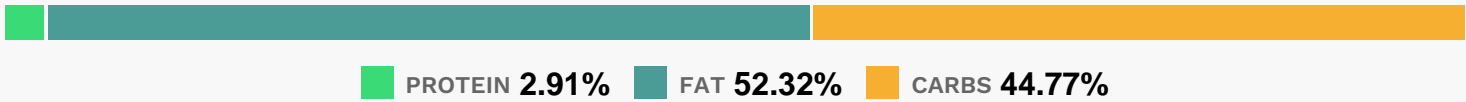
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Preheat the oven to 275 degrees F (135 degrees C).
- ☐ Spread pecans out on a baking sheet in a single layer.
- ☐ Bake for 15 minutes in the preheated oven, or until fragrant. Set aside.
- ☐ In a saucepan, stir together the confectioners' sugar, white sugar, buttermilk, heavy cream, butter, and salt. Bring to a boil over medium heat. When the mixture begins to boil, start stirring gently with a wooden spoon, and continue cooking until the mixture is slightly above the soft ball stage to 250 degrees F (120 degrees C).
- ☐ Remove from heat, and stir in baking soda and vanilla. The mixture will expand some while stirring. Cool for 10 to 15 minutes, then stir in pecans. Keep stirring with a wooden spoon until the mixture loses its gloss. Drop teaspoonfuls of the mixture onto parchment paper that has been coated with butter flavored non-stick spray. Allow to cool completely.

Nutrition Facts



Properties

Glycemic Index:4.47, Glycemic Load:5.89, Inflammation Score:-1, Nutrition Score:1.6634782487931%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg,

Epigallocatechin: 0.34mg 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: 93.83kcal (4.69%), Fat: 5.72g (8.81%), Saturated Fat: 1.22g (7.61%), Carbohydrates: 11.02g (3.67%), Net
Carbohydrates: 10.44g (3.8%), Sugar: 10.41g (11.56%), Cholesterol: 3.91mg (1.3%), Sodium: 39.94mg (1.74%), Alcohol:
0.02g (100%), Alcohol %: 0.11% (100%), Protein: 0.72g (1.43%), Manganese: 0.27mg (13.66%), Copper: 0.07mg
(3.72%), Vitamin B1: 0.04mg (2.79%), Fiber: 0.58g (2.33%), Phosphorus: 20.76mg (2.08%), Magnesium: 7.8mg
(1.95%), Zinc: 0.29mg (1.95%), Vitamin B2: 0.02mg (1.11%), Vitamin A: 52.62IU (1.05%)