



Microwave Pecan Brittle

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



1027 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 teaspoon butter
- 0.5 cup plus light
- 1 cup pecans
- 1 cup sugar
- 1 teaspoon vanilla extract

Equipment

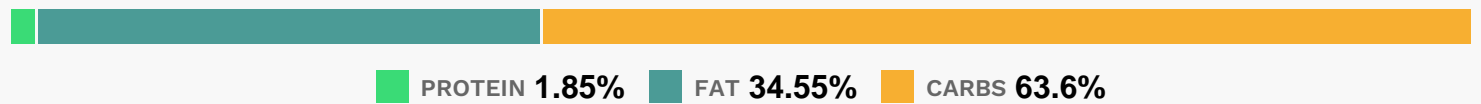
- bowl

- frying pan
- baking sheet
- wire rack
- microwave

Directions

- Combine sugar and corn syrup in a 1 1/2-quart microwave-safe bowl, stirring well.
- Microwave at HIGH 4 minutes; stir in pecans. Microwave at HIGH 5 to 7 minutes or until lightly browned. Stir in butter and vanilla; microwave 1 minute. Stir in soda until foamy.
- Pour mixture onto a lightly greased baking sheet; cool on pan on a wire rack. Break into pieces, and store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:49.55, Glycemic Load:82.48, Inflammation Score:-3, Nutrition Score:12.586087015984%

Flavonoids

Cyanidin: 5.85mg, Cyanidin: 5.85mg, Cyanidin: 5.85mg, Cyanidin: 5.85mg Delphinidin: 3.97mg, Delphinidin: 3.97mg, Delphinidin: 3.97mg, Delphinidin: 3.97mg Catechin: 3.95mg, Catechin: 3.95mg, Catechin: 3.95mg, Catechin: 3.95mg Epigallocatechin: 3.07mg, Epigallocatechin: 3.07mg, Epigallocatechin: 3.07mg, Epigallocatechin: 3.07mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epigallocatechin 3-gallate: 1.25mg, Epigallocatechin 3-gallate: 1.25mg, Epigallocatechin 3-gallate: 1.25mg, Epigallocatechin 3-gallate: 1.25mg

Nutrients (% of daily need)

Calories: 1026.59kcal (51.33%), Fat: 41.74g (64.22%), Saturated Fat: 3.79g (23.66%), Carbohydrates: 172.92g (57.64%), Net Carbohydrates: 167.69g (60.98%), Sugar: 167.69g (186.32%), Cholesterol: 0mg (0%), Sodium: 624.81mg (27.17%), Alcohol: 0.69g (100%), Alcohol %: 0.35% (100%), Protein: 5.02g (10.04%), Manganese: 2.46mg (123.06%), Copper: 0.66mg (33.12%), Vitamin B1: 0.41mg (27.36%), Fiber: 5.23g (20.93%), Zinc: 2.86mg (19.04%), Magnesium: 67.11mg (16.78%), Phosphorus: 151.66mg (15.17%), Iron: 1.43mg (7.95%), Potassium: 230.31mg (6.58%), Vitamin B6: 0.12mg (5.76%), Vitamin E: 0.84mg (5.6%), Vitamin B2: 0.09mg (5.45%), Calcium: 51.2mg (5.12%), Vitamin B5: 0.47mg (4.73%), Selenium: 3.27µg (4.67%), Vitamin B3: 0.65mg (3.23%), Folate: 12.02µg (3%), Vitamin A: 119.94IU (2.4%), Vitamin K: 1.91µg (1.82%)