

Microwave Pralines

 **Gluten Free**

READY IN



18 min.

SERVINGS



36

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups brown sugar
- 0.7 cup cup heavy whipping cream
- 2 tablespoons butter
- 1.5 cups pecans
- 0.1 teaspoon salt
- 1 teaspoon vanilla extract

Equipment

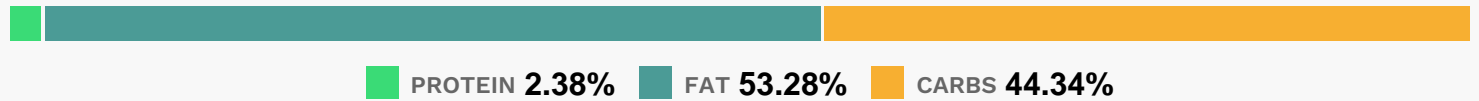
- bowl

microwave

Directions

- In a large, microwave safe bowl, combine sugar, cream, salt, margarine and pecans. Microwave 9 minutes on high, stirring once.
- Let rest 1 minute. Stir in vanilla and continue to stir 3 minutes more. Drop by teaspoonfuls onto buttered waxed paper. (If mixture is runny, allow to cool 30 seconds more and try again.)

Nutrition Facts



Properties

Glycemic Index:0.28, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.3217391436515%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 84.23kcal (4.21%), Fat: 5.19g (7.98%), Saturated Fat: 1.4g (8.74%), Carbohydrates: 9.71g (3.24%), Net Carbohydrates: 9.32g (3.39%), Sugar: 9.2g (10.22%), Cholesterol: 4.98mg (1.66%), Sodium: 19.18mg (0.83%), Alcohol: 0.04g (100%), Alcohol %: 0.26% (100%), Protein: 0.52g (1.04%), Manganese: 0.19mg (9.59%), Copper: 0.05mg (2.72%), Vitamin A: 94.92IU (1.9%), Vitamin B1: 0.03mg (1.88%), Fiber: 0.4g (1.58%), Magnesium: 6.16mg (1.54%), Phosphorus: 14.53mg (1.45%), Calcium: 13.66mg (1.37%), Zinc: 0.2mg (1.34%)