

Microwave Pralines

 Vegetarian  Gluten Free  Popular

READY IN



35 min.

SERVINGS



36

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon butter
- 2 tablespoons plus light
- 1 cup heavy whipping cream
- 1 pound brown sugar light
- 2 cups pecans toasted chopped

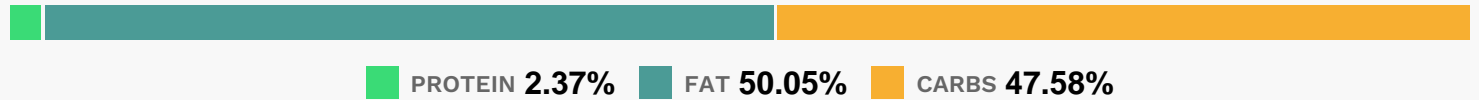
Equipment

- bowl
- microwave

Directions

- In a deep, microwave-safe bowl, mix together brown sugar, whipping cream, and corn syrup. Microwave on High for 13 minutes.
- Mix in butter until well blended. Then stir, stir, and stir until mixture begins to cool and get creamy. Stir in chopped nuts. Drop by tablespoonfuls onto waxed paper to cool.

Nutrition Facts



Properties

Glycemic Index:2.19, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:1.7660869369688%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 114.61kcal (5.73%), Fat: 6.66g (10.25%), Saturated Fat: 2.06g (12.88%), Carbohydrates: 14.25g (4.75%), Net Carbohydrates: 13.72g (4.99%), Sugar: 13.57g (15.08%), Cholesterol: 8.31mg (2.77%), Sodium: 8.57mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.42%), Manganese: 0.26mg (12.78%), Copper: 0.07mg (3.63%), Vitamin B1: 0.04mg (2.56%), Vitamin A: 109.98IU (2.2%), Fiber: 0.53g (2.11%), Magnesium: 8.27mg (2.07%), Phosphorus: 19.67mg (1.97%), Calcium: 18.92mg (1.89%), Zinc: 0.27mg (1.83%), Potassium: 45.69mg (1.31%), Iron: 0.24mg (1.31%), Vitamin B2: 0.02mg (1.16%)