



## Millionaires

 Gluten Free

READY IN



45 min.

SERVINGS



48

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 14 ounce caramels
- 10 ounce milk chocolate mini-kisses
- 2 tablespoons milk
- 2 cups pecans chopped

## Equipment

- bowl
- baking sheet
- sauce pan

microwave

## Directions

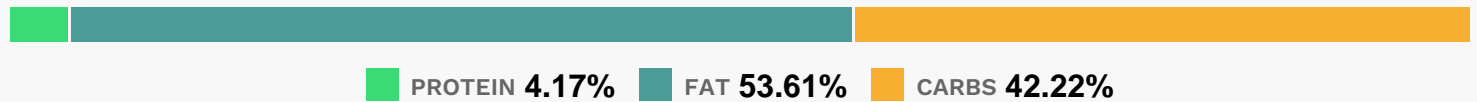
Combine caramels and milk in a heavy saucepan; cook over low heat, stirring constantly, until smooth. Stir in pecans, and drop by teaspoonfuls onto buttered baking sheets.

Let stand until firm.

Microwave chocolate kisses in a 1-quart microwave-safe bowl at HIGH 1 minute or until melted, stirring once. Dip candies into melted chocolate, allowing excess to drip; place on buttered baking sheets.

Let stand until firm.

## Nutrition Facts



## Properties

Glycemic Index:3.24, Glycemic Load:5.55, Inflammation Score:-1, Nutrition Score:1.8969565297922%

## Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

## Nutrients (% of daily need)

Calories: 93.29kcal (4.66%), Fat: 5.98g (9.2%), Saturated Fat: 1.68g (10.52%), Carbohydrates: 10.59g (3.53%), Net Carbohydrates: 9.83g (3.58%), Sugar: 8.67g (9.63%), Cholesterol: 0.65mg (0.22%), Sodium: 21.44mg (0.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.9mg (1.3%), Protein: 1.05g (2.1%), Manganese: 0.23mg (11.72%), Copper: 0.09mg (4.49%), Magnesium: 13.65mg (3.41%), Phosphorus: 31.32mg (3.13%), Fiber: 0.76g (3.04%), Vitamin B1: 0.04mg (2.67%), Vitamin B2: 0.04mg (2.48%), Zinc: 0.33mg (2.22%), Calcium: 16.78mg (1.68%), Iron: 0.29mg (1.61%), Potassium: 54.38mg (1.55%)