



New Orleans Praline Pieces



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



18

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup granulated sugar
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 0.8 cup brown sugar light packed
- ☐ 5 ounces pecans toasted
- ☐ 2 tablespoons butter unsalted cut into bits

Equipment

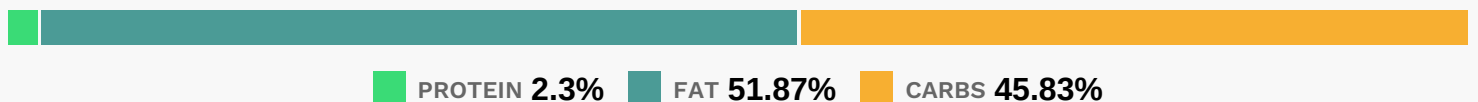
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ sieve
- ☐ baking pan
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ pastry brush
- ☐ candy thermometer

Directions

- ☐ Butter a 9-inch square metal baking pan.
- ☐ Sift granulated sugar through a sieve into a bowl to remove any lumps or large crystals, then rub brown sugar through sieve into bowl.
- ☐ Pour sugars into a 2 1/2- to 3-quart heavy saucepan, being careful not to get sugar on side of pan.
- ☐ Add cream, butter, and 1/4 teaspoon salt and cook over very low heat, stirring frequently with a wooden spoon and washing down any sugar crystals on side of pan with a pastry brush dipped in cold water, until sugar is dissolved (do not let simmer), 10 to 15 minutes.
- ☐ Clamp on candy thermometer, then boil syrup over moderately high heat, undisturbed, until it registers 236°F and a teaspoon of syrup dropped into a small bowl of cold water holds a very soft ball when pressed between your fingers, 3 to 6 minutes.
- ☐ Remove pan from heat, leaving thermometer in place, and cool, undisturbed, until syrup registers 220°F, 1 to 3 minutes. Stir syrup with cleaned and dried wooden spoon until thickened and creamy, 1 to 2 minutes, then immediately stir in pecans. Working very fast (syrup hardens quickly), pour into baking pan, scraping sides of saucepan with wooden spoon.
- ☐ Let mixture harden at room temperature, about 45 minutes.
- ☐ Cut and break into pieces.

Nutrition Facts



Properties

Glycemic Index:4.45, Glycemic Load:5.85, Inflammation Score:-1, Nutrition Score:2.3430435061455%

Flavonoids

Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg

Nutrients (% of daily need)

Calories: 154.96kcal (7.75%), Fat: 9.34g (14.38%), Saturated Fat: 2.81g (17.54%), Carbohydrates: 18.58g (6.19%), Net Carbohydrates: 17.82g (6.48%), Sugar: 17.71g (19.68%), Cholesterol: 10.81mg (3.61%), Sodium: 4.61mg (0.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.87%), Manganese: 0.36mg (18.03%), Copper: 0.1mg (5.02%), Vitamin B1: 0.05mg (3.56%), Fiber: 0.76g (3.02%), Vitamin A: 140.47IU (2.81%), Magnesium: 10.85mg (2.71%), Phosphorus: 26.39mg (2.64%), Zinc: 0.38mg (2.52%), Calcium: 17.94mg (1.79%), Iron: 0.28mg (1.53%), Potassium: 51.3mg (1.47%), Vitamin B2: 0.02mg (1.46%), Vitamin E: 0.21mg (1.38%), Vitamin B6: 0.02mg (1.13%)