



Orange-Candied Pecans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



717 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups firmly brown sugar packed
- ☐ 1.5 tablespoons butter
- ☐ 1 cup orange juice
- ☐ 1 teaspoon orange rind grated
- ☐ 1 pound walnut halves

Equipment

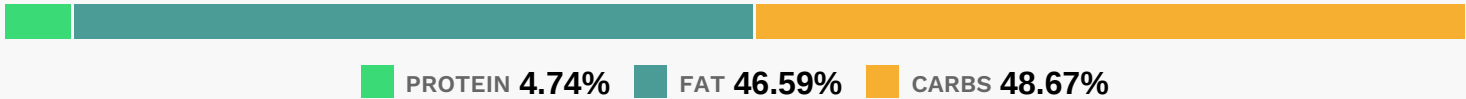
- ☐ frying pan
- ☐ sauce pan

☐ hand mixer

Directions

- ☐ Combine sugar and orange juice in a large non-aluminum saucepan; stir well. Cook over medium heat, stirring occasionally, until mixture reaches soft ball stage (240).
- ☐ Remove from heat; stir in butter and orange rind. Beat at high speed of an electric mixer 8 minutes or until mixture thickens and begins to cool. Stir in pecans.
- ☐ pecans.
- ☐ Spread mixture in a buttered 15- x 10- x 1-inch jellyroll pan. Separate pecans, using 2 forks.
- ☐ Let cool completely. Store in airtight containers.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:2.44, Inflammation Score:-6, Nutrition Score:15.461304313787%

Flavonoids

Cyanidin: 1.54mg, Cyanidin: 1.54mg, Cyanidin: 1.54mg, Cyanidin: 1.54mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 717.38kcal (35.87%), Fat: 39.14g (60.22%), Saturated Fat: 3.92g (24.51%), Carbohydrates: 92.01g (30.67%), Net Carbohydrates: 88.12g (32.04%), Sugar: 84.11g (93.45%), Cholesterol: 0mg (0%), Sodium: 49.31mg (2.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.96g (17.92%), Manganese: 1.99mg (99.64%), Copper: 0.95mg (47.71%), Magnesium: 100.55mg (25.14%), Phosphorus: 205.4mg (20.54%), Vitamin C: 16.58mg (20.1%), Vitamin B6: 0.35mg (17.57%), Folate: 65.79µg (16.45%), Fiber: 3.89g (15.55%), Vitamin B1: 0.22mg (14.79%), Calcium: 128.64mg (12.86%), Iron: 2.3mg (12.78%), Potassium: 423.4mg (12.1%), Zinc: 1.79mg (11.95%), Vitamin B2: 0.1mg (5.62%), Selenium: 3.8µg (5.43%), Vitamin B5: 0.49mg (4.94%), Vitamin B3: 0.85mg (4.26%), Vitamin A: 168.29IU (3.37%), Vitamin E: 0.49mg (3.28%), Vitamin K: 1.56µg (1.49%)