



Orange Creamsicle Candied Pecans

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



50 min.

SERVINGS



10

CALORIES



405 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 teaspoons coffee-flavored liqueur kahlua® (such as)
- 2 large egg whites
- 1 teaspoon rosemary fresh finely chopped
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground pepper black
- 1 teaspoon orange extract
- 1.5 teaspoons liqueur orange-flavored grand marnier® (such as)
- 1 pound pecan halves shelled

- 0.5 teaspoon salt
- 1 1 tangerine finely
- 0.5 teaspoon vanilla extract
- 1 teaspoon water
- 1 cup sugar white

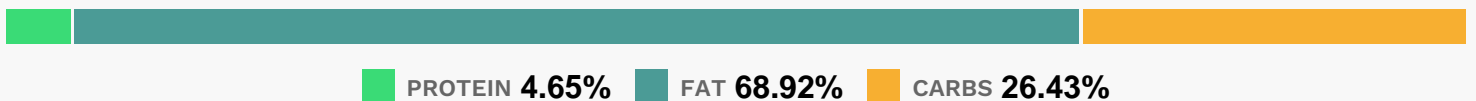
Equipment

- bowl
- baking sheet
- baking paper
- oven
- stand mixer

Directions

- Preheat oven to 300 degrees F (150 degrees C). Heavily butter a large metal baking sheet.
- Beat egg whites and water together in the bowl of a stand mixer until stiff peaks form.
- Add orange extract and vanilla extract; beat until incorporated, 1 minute.
- Mix sugar, cinnamon, salt, and black pepper together in a separate bowl; fold sugar mixture into egg white mixture until just incorporated. Fold in rosemary and tangerine zest until evenly mixed.
- Add pecans to the sugar-egg white mixture; toss to coat.
- Spread coated pecans in one layer onto the prepared baking sheet.
- Bake in the preheated oven, turning the baking sheet and stirring the pecans with a metal spoon every 8 to 10 minutes, until crispy and golden brown, 30 to 40 minutes.
- Transfer to a sheet of parchment paper to cool completely.

Nutrition Facts



Properties

Glycemic Index:15.91, Glycemic Load:14.6, Inflammation Score:-4, Nutrition Score:11.346521765318%

Flavonoids

Cyanidin: 4.87mg, Cyanidin: 4.87mg, Cyanidin: 4.87mg, Cyanidin: 4.87mg Delphinidin: 3.3mg, Delphinidin: 3.3mg, Delphinidin: 3.3mg, Delphinidin: 3.3mg Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg Epigallocatechin: 2.55mg, Epigallocatechin: 2.55mg, Epigallocatechin: 2.55mg, Epigallocatechin: 2.55mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 1.04mg, Epigallocatechin 3-gallate: 1.04mg, Epigallocatechin 3-gallate: 1.04mg, Epigallocatechin 3-gallate: 1.04mg Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg

Nutrients (% of daily need)

Calories: 404.74kcal (20.24%), Fat: 32.77g (50.42%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 28.29g (9.43%), Net Carbohydrates: 23.64g (8.6%), Sugar: 23.36g (25.96%), Cholesterol: 0mg (0%), Sodium: 127.81mg (5.56%), Alcohol: 0.43g (100%), Alcohol %: 0.64% (100%), Protein: 4.97g (9.94%), Manganese: 2.09mg (104.74%), Copper: 0.55mg (27.68%), Vitamin B1: 0.3mg (20.33%), Fiber: 4.65g (18.58%), Magnesium: 57.02mg (14.26%), Zinc: 2.07mg (13.8%), Phosphorus: 128.74mg (12.87%), Iron: 1.2mg (6.69%), Potassium: 214.54mg (6.13%), Vitamin B2: 0.1mg (5.62%), Vitamin B6: 0.1mg (5.16%), Selenium: 3.19µg (4.55%), Vitamin E: 0.66mg (4.39%), Vitamin B5: 0.43mg (4.25%), Calcium: 38.26mg (3.83%), Vitamin C: 2.86mg (3.46%), Folate: 11.69µg (2.92%), Vitamin B3: 0.58mg (2.88%), Vitamin A: 86.76IU (1.74%), Vitamin K: 1.81µg (1.73%)