



Orange-Glazed Pecans



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



1026 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 cup orange juice concentrate frozen undiluted
- ☐ 4 cups pecans
- ☐ 1.5 cups sugar

Equipment

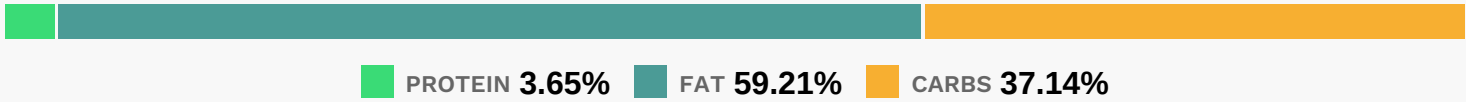
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Bake pecans in a shallow pan at 350, stirring occasionally, 10 to 15 minutes or until toasted.
- ☐ Bring juice concentrate, sugar, and cinnamon to a boil in a heavy saucepan; boil, stirring constantly, 1 minute.
- ☐ Remove from heat; stir in toasted pecans.
- ☐ Drop pecans 1/2 inch apart onto an aluminum foil-lined baking sheet.
- ☐ Let stand until firm.

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:52.79, Inflammation Score:-7, Nutrition Score:23.061304434486%

Flavonoids

Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg

Nutrients (% of daily need)

Calories: 1025.69kcal (51.28%), Fat: 71.61g (110.17%), Saturated Fat: 6.14g (38.37%), Carbohydrates: 101.06g (33.69%), Net Carbohydrates: 91.13g (33.14%), Sugar: 89.33g (99.25%), Cholesterol: 0mg (0%), Sodium: 3.25mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.94g (19.87%), Manganese: 4.5mg (224.84%), Vitamin C: 52.57mg (63.72%), Copper: 1.21mg (60.73%), Vitamin B1: 0.75mg (50.07%), Fiber: 9.93g (39.7%), Magnesium: 132.29mg (33.07%), Zinc: 4.55mg (30.34%), Phosphorus: 295.96mg (29.6%), Potassium: 631.23mg (18.04%), Vitamin B6: 0.3mg (15.02%), Iron: 2.67mg (14.83%), Folate: 49.12µg (12.28%), Vitamin B2: 0.21mg (12.07%), Vitamin E: 1.6mg (10.68%), Vitamin B5: 1.05mg (10.54%), Calcium: 84.79mg (8.48%), Vitamin B3: 1.55mg (7.73%), Selenium: 4.36µg (6.23%), Vitamin A: 190.35IU (3.81%), Vitamin K: 3.65µg (3.47%)