



Orange-Sugared Pecans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



30

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups sugar
- 0.3 cup water
- 3 tablespoons orange juice concentrate
- 2 cups cashew pieces
- 0.5 teaspoon orange zest grated

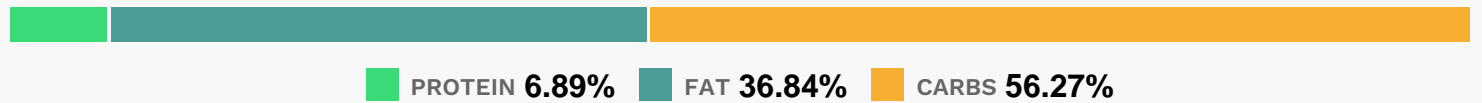
Equipment

- sauce pan
- candy thermometer

Directions

- In a large heavy saucepan, combine the sugar, water and orange juice concentrate. Cook over medium-high heat, without stirring, until a candy thermometer reads 238° (soft-ball stage).
- Remove from the heat; stir in pecans and orange zest.
- Beat until mixture thickens and loses its gloss, about 2 minutes. Drop by teaspoonfuls onto waxed paper to set. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:3.18, Glycemic Load:7.56, Inflammation Score:-1, Nutrition Score:2.3730434626341%

Nutrients (% of daily need)

Calories: 88.28kcal (4.41%), Fat: 3.81g (5.86%), Saturated Fat: 0.67g (4.19%), Carbohydrates: 13.09g (4.36%), Net Carbohydrates: 12.78g (4.65%), Sugar: 10.93g (12.14%), Cholesterol: 0mg (0%), Sodium: 1.34mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.21%), Copper: 0.19mg (9.53%), Manganese: 0.14mg (7.17%), Magnesium: 25.66mg (6.41%), Phosphorus: 51.91mg (5.19%), Zinc: 0.5mg (3.34%), Iron: 0.58mg (3.25%), Vitamin K: 2.94µg (2.8%), Vitamin C: 2.23mg (2.71%), Vitamin B1: 0.04mg (2.7%), Selenium: 1.78µg (2.54%), Vitamin B6: 0.04mg (1.99%), Potassium: 66.33mg (1.9%), Fiber: 0.3g (1.21%)