



Peanut Pralines

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



280 kcal

SIDE DISH

Ingredients

- 1 cup brown sugar light packed
- 1 cup roasted peanuts salted

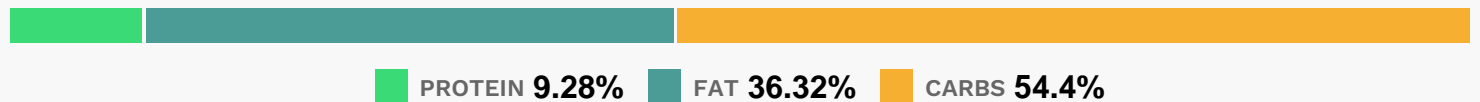
Equipment

- frying pan
- baking sheet
- sauce pan
- baking paper
- kitchen thermometer

Directions

- Prepare a baking sheet with parchment paper or Silpat and set aside. In a small saucepan add brown sugar. Use your hands to break up any clumps.
- Drizzle 1/4 cups of water over sugar and swirl around pan to moisten the sugar. Stir to dissolve completely.
- Heat sugar over medium high, swirling the pan occasionally to ensure even heating. Sugar will begin to bubble vigorously. Continue heating and swirling until mixture reaches 230°F as measured on a candy or instant read thermometer.
- Remove from heat and quickly add peanuts, stir to coat then immediately then drop by heaping tablespoonfuls onto prepared pan, spacing pralines 2 inches apart.
- Let cool for 30 minutes then serve. Store in an airtight container for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:5.7213043855584%

Nutrients (% of daily need)

Calories: 280.22kcal (14.01%), Fat: 11.93g (18.36%), Saturated Fat: 1.84g (11.49%), Carbohydrates: 40.22g (13.41%), Net Carbohydrates: 38.05g (13.84%), Sugar: 35.57g (39.52%), Cholesterol: 0mg (0%), Sodium: 115.63mg (5.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.86g (13.72%), Manganese: 0.6mg (29.83%), Vitamin B3: 3.67mg (18.37%), Magnesium: 44.18mg (11.05%), Phosphorus: 95.64mg (9.56%), Copper: 0.18mg (8.9%), Fiber: 2.17g (8.66%), Folate: 31.03µg (7.76%), Potassium: 237.59mg (6.79%), Calcium: 54.77mg (5.48%), Vitamin B1: 0.08mg (5.14%), Iron: 0.82mg (4.53%), Vitamin B5: 0.39mg (3.87%), Vitamin B6: 0.08mg (3.87%), Zinc: 0.5mg (3.32%), Selenium: 2.27µg (3.24%), Vitamin B2: 0.02mg (1.22%)