



Pecan and Chocolate Pralines

 Gluten Free

READY IN



90 min.

SERVINGS



24

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces bittersweet chocolate melted
- ☐ 0.5 cup heavy cream
- ☐ 1 cup brown sugar light packed ()
- ☐ 2 cups pecan halves plus 24 for garnish
- ☐ 1 cup sugar
- ☐ 2 tablespoons butter unsalted ()

Equipment

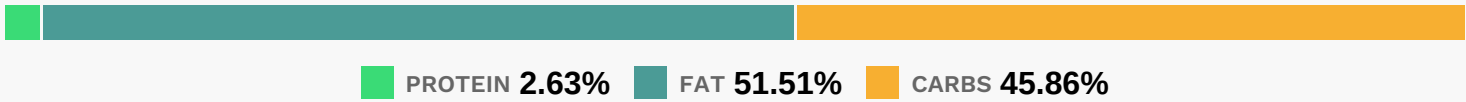
- ☐ frying pan

- ☐ baking sheet
- ☐ sauce pan

Directions

- ☐ Line 2 baking sheets with parchment. Stirring gently, bring 2 cups pecans, both sugars, cream, and butter to a boil in a medium heavy saucepan over medium-high heat. Attach candy thermometer to side of pan. Boil, occasionally swirling pan, until thermometer registers 236°F, 7–8 minutes.
- ☐ Remove from heat; stir vigorously with a wooden spoon until mixture thickens and pecans are suspended in syrup, 2–3 minutes.
- ☐ Drop candy by heaping teaspoonfuls onto prepared sheets.
- ☐ Let cool completely. Spoon some melted chocolate over; place a pecan half on top. Chill until set, about 30 minutes. DO AHEAD: Can be made 1 week ahead. Store airtight in refrigerator. Return to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index: 3.34, Glycemic Load: 5.85, Inflammation Score: -1, Nutrition Score: 3.060000014046%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

Nutrients (% of daily need)

Calories: 176.5kcal (8.83%), Fat: 10.51g (16.17%), Saturated Fat: 3.29g (20.57%), Carbohydrates: 21.06g (7.02%), Net Carbohydrates: 19.89g (7.23%), Sugar: 19.42g (21.57%), Cholesterol: 8.39mg (2.8%), Sodium: 4.59mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.06mg (1.35%), Protein: 1.21g (2.41%), Manganese: 0.44mg (22.01%), Copper: 0.16mg (8.18%), Magnesium: 19.49mg (4.87%), Fiber: 1.17g (4.68%), Phosphorus: 38.66mg (3.87%), Vitamin B1: 0.06mg (3.8%), Zinc: 0.52mg (3.44%), Iron: 0.58mg (3.23%), Potassium: 77.96mg (2.23%), Vitamin A: 109.03IU (2.18%), Calcium: 19.95mg (1.99%), Selenium: 1.03µg (1.47%), Vitamin E: 0.22mg (1.44%), Vitamin B2: 0.02mg (1.43%), Vitamin B6: 0.02mg (1.22%), Vitamin B5: 0.11mg (1.11%)