



Pecan and Honey Diamonds

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



320 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.7 cup powdered sugar
- 2.3 cups flour all-purpose
- 2 tablespoons cup heavy whipping cream
- 0.7 cup honey
- 0.5 cup brown sugar light packed
- 3 cups pecans
- 0.3 teaspoon salt
- 1 teaspoon salt

- 6 tablespoons butter unsalted cut into pieces
- 12 tablespoons butter unsalted chilled cut into 12 pieces ()

Equipment

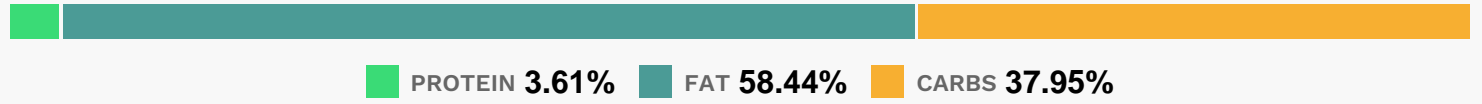
- food processor
- frying pan
- sauce pan
- oven
- knife
- wire rack
- baking pan
- aluminum foil
- cutting board
- serrated knife

Directions

- Preheat oven to 350F. Line a 9-by-13-inch baking pan on bottom and 2 long sides with a sheet of heavy-duty aluminum foil, making sure that foil is smooth and overhangs top of pan by at least 4 inches on both sides. Mist foil with cooking spray.
- Combine flour, confectioners' sugar and salt in a food processor and pulse once or twice.
- Add butter and process until dough forms a clump when squeezed, about 30 seconds.
- Sprinkle mixture across bottom of pan and press into an even layer, making sure there are no cracks.
- Bake crust until it looks dry, 18to 20 minutes.
- Place on a wire rack.
- Make filling: Reduce oven temperature to 325F.
- Combine honey, brown sugar and salt in a saucepan and bring to a simmer over medium heat, stirring to dissolve sugar. Reduce heat and simmer for 2minutes without stirring.
- Add butter and cream and simmer, stirring constantly, for 1 minute.
- Remove from heat; stir in pecans.

- Pour hot filling evenly over crust. Use back of a spoon to distribute nuts evenly. Return pan to oven and bake until filling is bubbling and slightly browned, 18 to 20 minutes.
- Transfer pan to a wire rack and cool completely. Run a small knife between pan and pastry on sides without foil. Lift foil from pan onto a cutting board and use a serrated knife to cut into 30 diamonds.

Nutrition Facts



Properties

Glycemic Index:6.86, Glycemic Load:12.68, Inflammation Score:-4, Nutrition Score:6.2443478081537%

Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Delphinidin: 1.08mg, Delphinidin: 1.08mg, Delphinidin: 1.08mg, Delphinidin: 1.08mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg

Nutrients (% of daily need)

Calories: 320.05kcal (16%), Fat: 21.59g (33.22%), Saturated Fat: 7.76g (48.48%), Carbohydrates: 31.54g (10.51%), Net Carbohydrates: 29.72g (10.81%), Sugar: 19.2g (21.34%), Cholesterol: 28.78mg (9.6%), Sodium: 149.49mg (6.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6.01%), Manganese: 0.78mg (38.89%), Vitamin B1: 0.21mg (13.96%), Copper: 0.21mg (10.38%), Selenium: 5.68µg (8.12%), Folate: 29.72µg (7.43%), Fiber: 1.83g (7.31%), Vitamin A: 345.24IU (6.9%), Iron: 1.12mg (6.24%), Phosphorus: 60.89mg (6.09%), Vitamin B2: 0.1mg (5.94%), Magnesium: 22.14mg (5.54%), Zinc: 0.81mg (5.42%), Vitamin B3: 1.03mg (5.15%), Vitamin E: 0.52mg (3.48%), Potassium: 93.68mg (2.68%), Vitamin B5: 0.22mg (2.22%), Calcium: 21.89mg (2.19%), Vitamin B6: 0.04mg (2.16%), Vitamin D: 0.21µg (1.42%), Vitamin K: 1.49µg (1.42%)