





Pecan Clouds

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



105 min.

SERVINGS



24

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 egg whites
- 0.8 cup brown sugar light packed
- 2 cups pecan halves
- 1 teaspoon vanilla extract

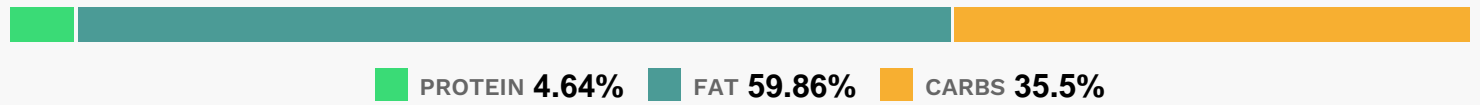
Equipment

- baking sheet
- oven
- mixing bowl

Directions

- Preheat oven to 250 degrees F (120 degrees C). Lightly grease a cookie sheet.
- In a large glass or metal mixing bowl, beat egg whites to soft peaks. Gradually add sugar, continuing to beat until whites form stiff peaks. Stir in vanilla and pecans. Drop mounded spoonfuls onto the prepared cookie sheet.
- Bake 1 hour in the preheated oven. Turn off heat, and allow to remain in oven at least another 30 minutes, or until the centers of cookies are dry.

Nutrition Facts



Properties

Glycemic Index:0.42, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.1343478207355%

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: 84.91kcal (4.25%), Fat: 5.94g (9.15%), Saturated Fat: 0.51g (3.19%), Carbohydrates: 7.93g (2.64%), Net Carbohydrates: 7.14g (2.6%), Sugar: 7.04g (7.82%), Cholesterol: 0mg (0%), Sodium: 6.09mg (0.26%), Alcohol: 0.06g (100%), Alcohol %: 0.41% (100%), Protein: 1.04g (2.07%), Manganese: 0.38mg (18.82%), Copper: 0.1mg (5.15%), Vitamin B1: 0.05mg (3.64%), Fiber: 0.79g (3.17%), Magnesium: 10.9mg (2.72%), Zinc: 0.38mg (2.51%), Phosphorus: 23.51mg (2.35%), Iron: 0.26mg (1.44%), Potassium: 47.29mg (1.35%), Vitamin B2: 0.02mg (1.29%), Selenium: 0.9µg (1.28%), Calcium: 11.67mg (1.17%), Vitamin B6: 0.02mg (1.02%)