



Pecan Clusters

 Gluten Free

READY IN



13 min.

SERVINGS



72

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 stick butter
- 0.8 pound add a hershey's chocolate kiss on top as done (recommended: Hershey's)
- 6 ounce evaporated milk canned
- 7 ounce marshmallow creme
- 2 cups pecans
- 2.5 cups sugar

Equipment

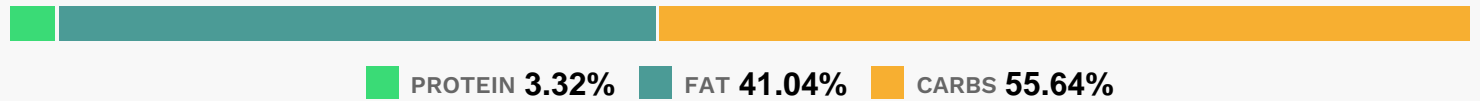
- bowl

sauce pan

Directions

- Place marshmallow cream and kisses into a large bowl. Set aside.
- Combine sugar, milk, and butter in a saucepan. Bring to a boil and cook for 8 minutes.
- Pour over marshmallow and chocolate, stirring until well blended. Stir in pecans. Drop by teaspoonfuls onto waxed paper.

Nutrition Facts



Properties

Glycemic Index:1.81, Glycemic Load:4.86, Inflammation Score:-1, Nutrition Score:0.88347826719932%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 85.3kcal (4.26%), Fat: 4.15g (6.38%), Saturated Fat: 1.46g (9.13%), Carbohydrates: 12.66g (4.22%), Net Carbohydrates: 12.28g (4.47%), Sugar: 11.53g (12.81%), Cholesterol: 3.51mg (1.17%), Sodium: 11.49mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.51%), Manganese: 0.12mg (6.21%), Calcium: 17.33mg (1.73%), Copper: 0.03mg (1.69%), Fiber: 0.38g (1.51%), Vitamin B1: 0.02mg (1.29%), Phosphorus: 12.6mg (1.26%)