



Pecan Filling



Vegetarian



Gluten Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



236 kcal

SIDE DISH

Ingredients

- 0.8 cup brown sugar packed
- 1 tablespoon butter melted
- 1 large eggs lightly beaten
- 0.5 cup pecans toasted chopped
- 0.1 teaspoon salt
- 0.5 teaspoon vanilla extract

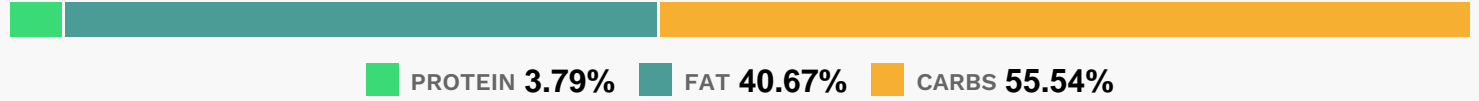
Equipment

- whisk

Directions

Whisk together all ingredients until well blended.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:4.0591304341088%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 236.25kcal (11.81%), Fat: 11.07g (17.03%), Saturated Fat: 2.43g (15.16%), Carbohydrates: 34.01g (11.34%), Net Carbohydrates: 32.97g (11.99%), Sugar: 32.53g (36.15%), Cholesterol: 43.22mg (14.41%), Sodium: 99.62mg (4.33%), Alcohol: 0.14g (100%), Alcohol %: 0.3% (100%), Protein: 2.32g (4.65%), Manganese: 0.52mg (25.77%), Copper: 0.15mg (7.69%), Selenium: 3.91µg (5.58%), Phosphorus: 52.01mg (5.2%), Vitamin B1: 0.08mg (5.07%), Magnesium: 17.46mg (4.37%), Zinc: 0.64mg (4.24%), Fiber: 1.05g (4.19%), Calcium: 41.37mg (4.14%), Iron: 0.69mg (3.81%), Vitamin B2: 0.06mg (3.6%), Potassium: 103.66mg (2.96%), Vitamin B5: 0.29mg (2.94%), Vitamin B6: 0.05mg (2.68%), Vitamin A: 130.08IU (2.6%), Vitamin E: 0.32mg (2.15%), Folate: 7.51µg (1.88%), Vitamin B12: 0.09µg (1.56%), Vitamin D: 0.2µg (1.33%)