

Pecan Logs

 Vegetarian

READY IN



15 min.

SERVINGS



50

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3.8 cups pecans toasted finely chopped
- 12 ounces condensed milk sweetened canned
- 12 ounces vanilla wafers crushed

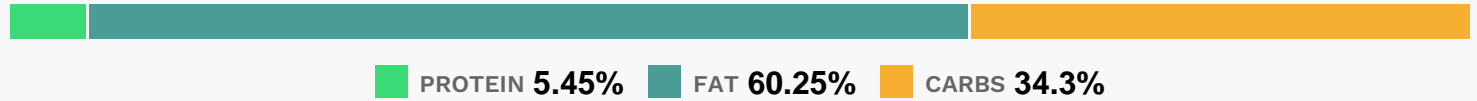
Equipment

- bowl
- plastic wrap

Directions

- In a large bowl, combine all ingredients. Divide in half; shape each into a 9-in. log. Tightly wrap each log in plastic wrap. Chill well.
- Cut into 1/4-in. slices. Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.96, Glycemic Load:6.05, Inflammation Score:-1, Nutrition Score:2.6895652167175%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg 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: 109.76kcal (5.49%), Fat: 7.66g (11.79%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 9.81g (3.27%), Net Carbohydrates: 8.93g (3.25%), Sugar: 6.18g (6.86%), Cholesterol: 2.38mg (0.79%), Sodium: 35.99mg (1.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Manganese: 0.37mg (18.41%), Vitamin B1: 0.09mg (5.91%), Copper: 0.1mg (4.96%), Phosphorus: 42.72mg (4.27%), Fiber: 0.88g (3.52%), Vitamin B2: 0.05mg (3.21%), Magnesium: 11.66mg (2.92%), Zinc: 0.43mg (2.9%), Calcium: 25.05mg (2.5%), Folate: 8.53µg (2.13%), Selenium: 1.32µg (1.88%), Potassium: 64.48mg (1.84%), Vitamin B3: 0.29mg (1.43%), Iron: 0.22mg (1.22%), Vitamin B5: 0.12mg (1.22%), Vitamin B6: 0.02mg (1.03%)