



Pecan Pie-Glazed Pecans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



270 kcal

SIDE DISH

Ingredients

- 0.5 cup firmly brown sugar light packed
- 6 tablespoons plus dark
- 2 cups pecan halves

Equipment

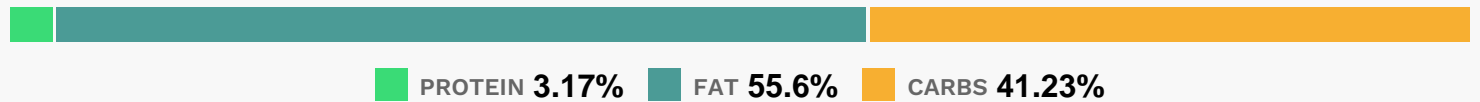
- bowl
- frying pan
- oven
- aluminum foil

wax paper

Directions

- Stir together 2 cups pecan halves, 1/2 cup firmly packed light brown sugar, and 6 Tbsp. dark corn syrup in a small bowl.
- Spread mixture in a lightly greased aluminum foil-lined jelly-roll pan.
- Bake at 350 for 12 to 15 minutes or until glaze thickens, stirring every 4 minutes.
- Spread in a single layer on wax paper; cool completely, separating pecans as they cool. (For the prettiest garnish, leave some in clusters.) Store in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:11.63, Inflammation Score:-2, Nutrition Score:6.2273913595987%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg

Nutrients (% of daily need)

Calories: 270.46kcal (13.52%), Fat: 17.82g (27.42%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 29.73g (9.91%), Net Carbohydrates: 27.36g (9.95%), Sugar: 27.12g (30.14%), Cholesterol: 0mg (0%), Sodium: 29.42mg (1.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.57%), Manganese: 1.14mg (56.95%), Copper: 0.31mg (15.61%), Vitamin B1: 0.17mg (11.01%), Fiber: 2.38g (9.5%), Magnesium: 32.51mg (8.13%), Zinc: 1.13mg (7.55%), Phosphorus: 70.92mg (7.09%), Iron: 0.78mg (4.36%), Potassium: 127.02mg (3.63%), Calcium: 31.71mg (3.17%), Vitamin B6: 0.06mg (2.95%), Vitamin B5: 0.24mg (2.36%), Vitamin E: 0.35mg (2.31%), Selenium: 1.58µg (2.26%), Vitamin B2: 0.03mg (1.98%), Vitamin B3: 0.31mg (1.54%), Folate: 5.58µg (1.4%)