



Pecan Pie Pancake Syrup

 Vegetarian  Gluten Free  Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



206 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup brown sugar
- 3 tablespoons butter
- 2 eggs
- 0.5 cup pecans chopped
- 0.3 teaspoon salt
- 1 tablespoon vanilla extract
- 0.5 cup water
- 0.5 cup sugar white

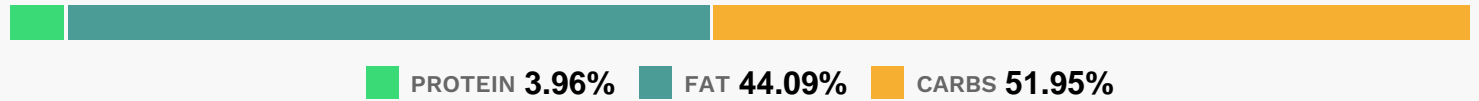
Equipment

- bowl
- sauce pan
- whisk

Directions

- Heat water in a saucepan over medium–low heat; cook and stir white sugar into hot water until dissolved, about 5 minutes. Stir brown sugar and salt into the sugar mixture until dissolved; stir in butter.
- Whisk eggs and vanilla together in a bowl until smooth; stir 2 to 3 tablespoons hot sugar mixture into eggs, 1 tablespoon at a time, to slowly bring eggs up to temperature without cooking them. Slowly stir egg mixture into saucepan of sugar mixture. Fold in pecans.
- Increase temperature to medium heat; cook and stir mixture until thickened and bubbling, about 5 minutes. Reduce heat to low before serving.

Nutrition Facts



Properties

Glycemic Index:16.26, Glycemic Load:8.76, Inflammation Score:-1, Nutrition Score:3.0634782482748%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg

Nutrients (% of daily need)

Calories: 205.5kcal (10.28%), Fat: 10.25g (15.77%), Saturated Fat: 3.46g (21.65%), Carbohydrates: 27.17g (9.06%), Net Carbohydrates: 26.52g (9.64%), Sugar: 26.33g (29.26%), Cholesterol: 52.21mg (17.4%), Sodium: 126.91mg (5.52%), Alcohol: 0.56g (100%), Alcohol %: 1.07% (100%), Protein: 2.07g (4.15%), Manganese: 0.32mg (16.14%), Selenium: 3.93µg (5.61%), Copper: 0.1mg (5.03%), Phosphorus: 42.56mg (4.26%), Vitamin A: 194.41IU (3.89%), Vitamin B2: 0.06mg (3.81%), Vitamin B1: 0.05mg (3.32%), Zinc: 0.46mg (3.09%), Magnesium: 11.25mg (2.81%), Fiber:

0.65g (2.62%), Iron: 0.47mg (2.62%), Vitamin B5: 0.25mg (2.52%), Calcium: 24.39mg (2.44%), Vitamin E: 0.33mg (2.22%), Vitamin B6: 0.04mg (1.96%), Potassium: 65.33mg (1.87%), Vitamin B12: 0.11µg (1.78%), Folate: 6.96µg (1.74%), Vitamin D: 0.22µg (1.47%)