



Pecan Praline Cookies

 Vegetarian

READY IN



20 min.

SERVINGS



35

CALORIES



151 kcal

DESSERT

Ingredients

- 1 cup brown sugar packed
- 1 cup butter
- 0.3 teaspoon cream of tartar
- 35 graham crackers
- 1 cup pecans chopped

Equipment

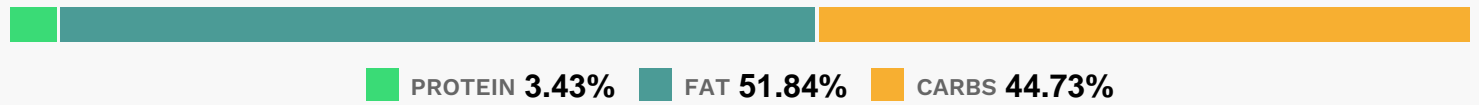
- frying pan
- sauce pan

- oven
- cake form

Directions

- Preheat oven to 325 degrees F (170 degrees C).
- Place crackers on 10x15-inch sheet cake pan, covering bottom.
- Bring sugar, butter, and cream of tartar to a boil in a saucepan.
- Add nuts; pour mixture over the top of the crackers.
- Bake in preheated oven for 10 minutes. Cool for a few minutes in the pan; remove from pan while still warm.

Nutrition Facts



Properties

Glycemic Index:3.83, Glycemic Load:7.56, Inflammation Score:-2, Nutrition Score:2.0713043449366%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 151.32kcal (7.57%), Fat: 8.9g (13.7%), Saturated Fat: 3.74g (23.4%), Carbohydrates: 17.28g (5.76%), Net Carbohydrates: 16.51g (6%), Sugar: 9.44g (10.49%), Cholesterol: 13.94mg (4.65%), Sodium: 135.73mg (5.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.65%), Manganese: 0.14mg (7.21%), Iron: 0.7mg (3.91%), Phosphorus: 38.72mg (3.87%), Vitamin B1: 0.05mg (3.52%), Vitamin A: 163.82IU (3.28%), Magnesium: 12.72mg (3.18%), Fiber: 0.77g (3.1%), Vitamin B3: 0.58mg (2.88%), Zinc: 0.42mg (2.8%), Vitamin B2: 0.04mg (2.34%), Copper: 0.04mg (2.23%), Calcium: 20.02mg (2%), Folate: 7.38µg (1.85%), Potassium: 51mg (1.46%), Vitamin E: 0.19mg (1.29%), Vitamin B6: 0.02mg (1.17%)