

Pecan Pralines



Vegetarian



Gluten Free

READY IN



68 min.

SERVINGS



1

CALORIES



5367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups firmly brown sugar light packed
- ☐ 0.3 cup butter
- ☐ 2 tablespoons plus light
- ☐ 2 cups pecan halves and pieces
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup whipping cream

Equipment

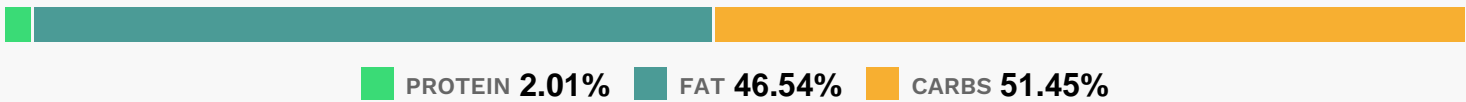
- ☐ frying pan

- ☐ oven
- ☐ wooden spoon
- ☐ wax paper
- ☐ dutch oven
- ☐ candy thermometer

Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring halfway through. Cool completely (about 15 minutes).
- ☐ Meanwhile, bring brown sugar and next 3 ingredients to a boil in a heavy Dutch oven over medium heat, stirring constantly. Boil, stirring occasionally, 6 to 8 minutes or until a candy thermometer registers 236 (soft ball stage).
- ☐ Remove sugar mixture from heat.
- ☐ Let sugar mixture stand until candy thermometer reaches 150 (20 to 25 minutes). Stir in vanilla and pecans using a wooden spoon; stir constantly 1 to 2 minutes or just until mixture begins to lose its gloss. Quickly drop by heaping tablespoonfuls onto wax paper; let stand until firm (10 to 15 minutes).
- ☐ TRY THESE TWISTS!
- ☐ Chocolate-Pecan Pralines: Prepare as directed through Step
- ☐ Add 2 (1-oz.) unsweetened chocolate baking squares to sugar mixture. (Do not stir.) Proceed as directed in Step
- ☐ Add 2 Tbsp. instant coffee granules with brown sugar in Step
- ☐ Add 1/4 cup bourbon with brown sugar in Step

Nutrition Facts



Properties

Glycemic Index:79, Glycemic Load:7.37, Inflammation Score:-10, Nutrition Score:52.660435116809%

Flavonoids

Cyanidin: 23.41mg, Cyanidin: 23.41mg, Cyanidin: 23.41mg, Cyanidin: 23.41mg Delphinidin: 15.87mg, Delphinidin: 15.87mg, Delphinidin: 15.87mg, Delphinidin: 15.87mg Catechin: 15.78mg, Catechin: 15.78mg, Catechin: 15.78mg, Catechin: 15.78mg Epigallocatechin: 12.27mg, Epigallocatechin: 12.27mg, Epigallocatechin: 12.27mg, Epigallocatechin: 12.27mg Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg Epigallocatechin 3–gallate: 5.01mg, Epigallocatechin 3–gallate: 5.01mg, Epigallocatechin 3–gallate: 5.01mg, Epigallocatechin 3–gallate: 5.01mg

Nutrients (% of daily need)

Calories: 5366.52kcal (268.33%), Fat: 288.99g (444.6%), Saturated Fat: 97.38g (608.64%), Carbohydrates: 718.85g (239.62%), Net Carbohydrates: 697.93g (253.79%), Sugar: 690.14g (766.82%), Cholesterol: 390.95mg (130.32%), Sodium: 641.6mg (27.9%), Alcohol: 1.38g (100%), Alcohol %: 0.14% (100%), Protein: 28.03g (56.05%), Manganese: 10.24mg (512.2%), Copper: 2.96mg (147.76%), Vitamin B1: 1.52mg (101.04%), Vitamin A: 5038.86IU (100.78%), Calcium: 877.26mg (87.73%), Magnesium: 341.89mg (85.47%), Fiber: 20.93g (83.71%), Phosphorus: 782.16mg (78.22%), Zinc: 10.89mg (72.62%), Iron: 10.46mg (58.09%), Potassium: 2017.68mg (57.65%), Vitamin B2: 0.75mg (44.35%), Vitamin E: 6.56mg (43.72%), Vitamin B6: 0.81mg (40.72%), Selenium: 24.22µg (34.6%), Vitamin B5: 3.42mg (34.23%), Vitamin D: 3.81µg (25.39%), Vitamin K: 19.22µg (18.3%), Vitamin B3: 3.47mg (17.35%), Folate: 65.78µg (16.45%), Vitamin B12: 0.48µg (7.95%), Vitamin C: 3.83mg (4.64%)