



Pecan Wedges with Brown Sugar Whipped Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



546 kcal

SIDE DISH

Ingredients

- 3 tablespoons brown sugar
- 0.3 cup plus light
- 0.5 cup granulated sugar
- 1.5 cups heavy cream
- 0.1 teaspoon kosher salt
- 12 ounces pecans roughly chopped
- 1 tablespoon vanilla extract dark pure

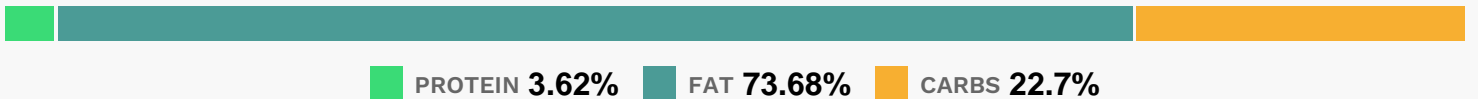
Equipment

- frying pan
- sauce pan
- oven
- wax paper
- springform pan

Directions

- Special Equipment: 9-inch springform pan
- Heat oven to 375 F. Line the bottom of a 9-inch springform pan with parchment or wax paper. In a medium saucepan, combine the granulated sugar, 2 tablespoons of the brown sugar, the corn syrup, and 1/2 cup of the cream. Bring to a boil, then lower heat and simmer, stirring, until the sugar dissolves, about 2 minutes.
- Remove from heat and stir in the rum, salt, and pecans.
- Pour into the prepared pan and spread into an even layer.
- Bake until golden and set, about 40 minutes.
- Let cool for 30 minutes before slicing into wedges. Whip the remaining cream and brown sugar until soft peaks form.
- Serve with the Pecan Wedges.

Nutrition Facts



Properties

Glycemic Index:12.39, Glycemic Load:10.46, Inflammation Score:-6, Nutrition Score:12.093912876171%

Flavonoids

Cyanidin: 4.57mg, Cyanidin: 4.57mg, Cyanidin: 4.57mg, Cyanidin: 4.57mg Delphinidin: 3.1mg, Delphinidin: 3.1mg, Delphinidin: 3.1mg, Delphinidin: 3.1mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epigallocatechin: 2.39mg, Epigallocatechin: 2.39mg, Epigallocatechin: 2.39mg, Epigallocatechin: 2.39mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3-gallate:

0.98mg, Epigallocatechin 3-gallate: 0.98mg, Epigallocatechin 3-gallate: 0.98mg, Epigallocatechin 3-gallate: 0.98mg

Nutrients (% of daily need)

Calories: 545.63kcal (27.28%), Fat: 46.79g (71.98%), Saturated Fat: 12.89g (80.57%), Carbohydrates: 32.43g (10.81%), Net Carbohydrates: 28.35g (10.31%), Sugar: 28.22g (31.36%), Cholesterol: 50.43mg (16.81%), Sodium: 56.52mg (2.46%), Alcohol: 0.56g (100%), Alcohol %: 0.61% (100%), Protein: 5.17g (10.35%), Manganese: 1.92mg (96.06%), Copper: 0.52mg (25.97%), Vitamin B1: 0.3mg (19.74%), Fiber: 4.08g (16.33%), Phosphorus: 143.95mg (14.4%), Zinc: 2.08mg (13.9%), Magnesium: 55.29mg (13.82%), Vitamin A: 679.8IU (13.6%), Vitamin B2: 0.14mg (8.42%), Vitamin E: 1.01mg (6.71%), Calcium: 64.67mg (6.47%), Iron: 1.16mg (6.45%), Potassium: 225.5mg (6.44%), Vitamin B6: 0.11mg (5.36%), Vitamin B5: 0.49mg (4.87%), Vitamin D: 0.71µg (4.76%), Selenium: 3.16µg (4.51%), Folate: 11.19µg (2.8%), Vitamin K: 2.92µg (2.78%), Vitamin B3: 0.54mg (2.69%), Vitamin B12: 0.07µg (1.19%)