



Praline Cream

READY IN



45 min.

SERVINGS



4

CALORIES



950 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 4 egg yolks
- ☐ 6 tablespoons flour all-purpose
- ☐ 1 tablespoon juice of lemon
- ☐ 2 cups milk
- ☐ 1 cup pecans toasted chopped
- ☐ 2 cups sugar divided

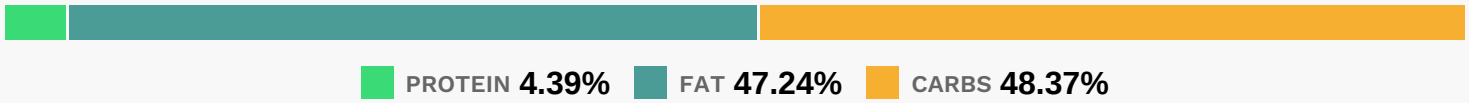
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Stir together 1 cup sugar and lemon juice in a 1 1/2-quart saucepan over medium heat, and cook, tilting pan to melt sugar evenly and stirring occasionally, until sugar melts and turns a light golden color. Stir in butter.
- ☐ Whisk together remaining 1 cup sugar, egg yolks, milk, and flour in a heavy saucepan; bring just to a simmer over medium heat, whisking constantly.
- ☐ Add sugar mixture to milk mixture immediately, and cook, whisking constantly, for 5 to 7 minutes or until it has a pudding-like thickness. Stir in pecans. Cover, placing plastic wrap directly on filling, and chill 8 hours.

Nutrition Facts



Properties

Glycemic Index:48.27, Glycemic Load:78.3, Inflammation Score:-7, Nutrition Score:16.789130609968%

Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 950.25kcal (47.51%), Fat: 51.58g (79.35%), Saturated Fat: 10.43g (65.19%), Carbohydrates: 118.83g (39.61%), Net Carbohydrates: 115.9g (42.15%), Sugar: 106.98g (118.86%), Cholesterol: 209.04mg (69.68%), Sodium: 323.84mg (14.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.79g (21.59%), Manganese: 1.32mg

(66.11%), Vitamin A: 1487.66IU (29.75%), Phosphorus: 287.88mg (28.79%), Selenium: 17.85µg (25.5%), Vitamin B1: 0.37mg (24.79%), Vitamin B2: 0.38mg (22.62%), Calcium: 203.78mg (20.38%), Copper: 0.37mg (18.29%), Vitamin B12: 1.04µg (17.3%), Vitamin D: 2.31µg (15.43%), Zinc: 2.24mg (14.93%), Folate: 53.9µg (13.47%), Vitamin B5: 1.31mg (13.06%), Magnesium: 52.06mg (13.02%), Vitamin E: 1.8mg (11.99%), Fiber: 2.93g (11.72%), Vitamin B6: 0.2mg (10.19%), Potassium: 344.16mg (9.83%), Iron: 1.76mg (9.75%), Vitamin B3: 1.13mg (5.63%), Vitamin C: 1.81mg (2.19%), Vitamin K: 1.48µg (1.41%)