



Praline Crunch Syrup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



207 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups maple-flavored syrup
- ☐ 0.5 cup pecans toasted chopped (toasting optional)
- ☐ 2.8 ounce toffee candy bars english crushed

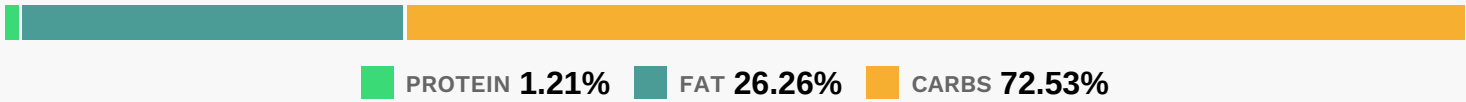
Equipment

- ☐ bowl
- ☐ funnel

Directions

☐ Combine all ingredients in a small bowl, stirring gently until blended. Using a wide-mouthed funnel, transfer to a bottle; seal.

Nutrition Facts



Properties

Glycemic Index:4.65, Glycemic Load:11.9, Inflammation Score:-1, Nutrition Score:5.8804347879537%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 207.08kcal (10.35%), Fat: 6.15g (9.46%), Saturated Fat: 1.6g (9.99%), Carbohydrates: 38.22g (12.74%), Net Carbohydrates: 37.56g (13.66%), Sugar: 33.94g (37.71%), Cholesterol: 1.83mg (0.61%), Sodium: 32.05mg (1.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Manganese: 1.33mg (66.68%), Vitamin B2: 0.62mg (36.46%), Calcium: 56.51mg (5.65%), Vitamin B1: 0.06mg (4.3%), Magnesium: 16.13mg (4.03%), Zinc: 0.56mg (3.75%), Potassium: 128.97mg (3.68%), Copper: 0.06mg (2.97%), Fiber: 0.66g (2.64%), Phosphorus: 13.71mg (1.37%)