



Praline Frosting



Vegetarian



Gluten Free

READY IN



12 min.

SERVINGS



10

CALORIES



139 kcal

FROSTING

ICING

Ingredients

- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 2 tablespoons butter
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 cup powdered sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 3 tablespoons whipping cream

Equipment

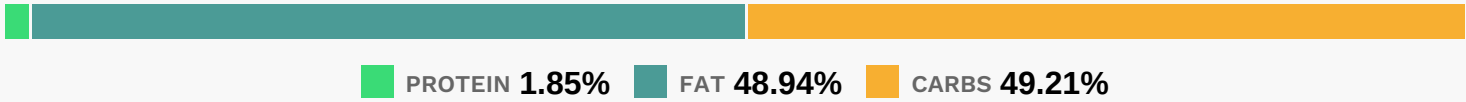
- ☐ baking sheet

- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Bake pecans on a baking sheet at 350 for 15 minutes or until golden brown, stirring once.
- ☐ Bring butter, brown sugar, and cream to a boil in a 2-qt. saucepan over medium heat, stirring often; boil, stirring often, 1 minute.
- ☐ Remove from heat, and whisk in powdered sugar and vanilla until smooth.
- ☐ Add toasted pecans; stir gently 3 minutes or until frosting begins to cool and thicken slightly.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.7434782333996%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 138.75kcal (6.94%), Fat: 7.82g (12.03%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 17.69g (5.9%), Net Carbohydrates: 17.17g (6.24%), Sugar: 16.91g (18.79%), Cholesterol: 11.1mg (3.7%), Sodium: 22.44mg (0.98%), Alcohol: 0.07g (100%), Alcohol %: 0.29% (100%), Protein: 0.66g (1.33%), Manganese: 0.25mg (12.65%), Copper: 0.07mg (3.58%), Vitamin A: 139.17IU (2.78%), Vitamin B1: 0.04mg (2.47%), Fiber: 0.52g (2.09%), Magnesium: 7.98mg (1.99%), Phosphorus: 18.83mg (1.88%), Zinc: 0.26mg (1.76%), Calcium: 16.67mg (1.67%), Iron: 0.22mg (1.25%), Vitamin E: 0.18mg (1.22%), Potassium: 42.34mg (1.21%), Vitamin B2: 0.02mg (1.05%)