



Praline Pecans

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



240 kcal

SIDE DISH

Ingredients

- 0.3 cup brown sugar light packed
- 1.5 cups pecans chopped
- 2 tablespoons whipping cream

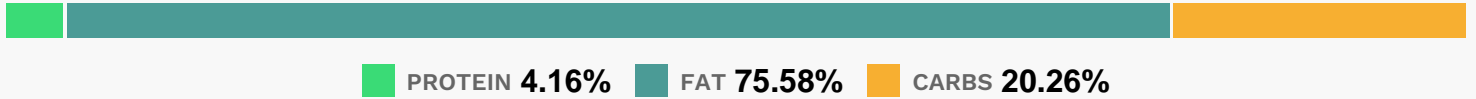
Equipment

- oven

Directions

- Combine all ingredients; spread into a lightly buttered 9-inch round cakepan.
- Bake at 350 for 20 minutes, stirring once, or until coating is slightly crystallized.
- Remove from oven; stir and cool. Store in an airtight container.
- Praline Almonds: Substitute 1 1/2 cups chopped sliced blanched almonds.
- Bake at 350 for 15 minutes, stirring once.

Nutrition Facts



Properties

Glycemic Index:1.67, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:6.8073913390222%

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

Nutrients (% of daily need)

Calories: 240.13kcal (12.01%), Fat: 21.42g (32.96%), Saturated Fat: 2.83g (17.71%), Carbohydrates: 12.92g (4.31%), Net Carbohydrates: 10.31g (3.75%), Sugar: 10.12g (11.24%), Cholesterol: 5.65mg (1.88%), Sodium: 3.92mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Manganese: 1.23mg (61.61%), Copper: 0.33mg (16.59%), Vitamin B1: 0.18mg (12.06%), Fiber: 2.62g (10.46%), Magnesium: 34.15mg (8.54%), Zinc: 1.25mg (8.33%), Phosphorus: 78.75mg (7.87%), Iron: 0.76mg (4.22%), Potassium: 128.67mg (3.68%), Vitamin B6: 0.06mg (3.14%), Calcium: 29.98mg (3%), Vitamin E: 0.43mg (2.85%), Vitamin B2: 0.04mg (2.64%), Vitamin B5: 0.26mg (2.6%), Selenium: 1.3µg (1.85%), Vitamin A: 88.76IU (1.78%), Vitamin B3: 0.33mg (1.66%), Folate: 6.29µg (1.57%), Vitamin K: 1.11µg (1.06%)