



Praline Pecans

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



5

CALORIES



1243 kcal

SIDE DISH

Ingredients

- 0.8 cup brown sugar packed
- 0.5 cup butter
- 2 tablespoons plus
- 1.5 cups granulated sugar
- 0.5 cup milk
- 5 cups pecans toasted

Equipment

- sauce pan

- wax paper
- candy thermometer

Directions

- Stir together first 5 ingredients in a heavy 3-quart saucepan. Bring to a boil over medium heat, stirring constantly. Boil, stirring constantly, 7 to 8 minutes or until a candy thermometer registers 23
- Remove from heat, and vigorously stir in pecans. Spoon pecan mixture onto wax paper, spreading in an even layer.
- Let stand 20 minutes or until firm. Break praline-coated pecans apart into pieces. Store in an airtight container at room temperature up to 1 week. Freeze in an airtight container or zip-top plastic freezer bag up to 1 month.

Nutrition Facts

PROTEIN 3.08% **FAT 62.21%** **CARBS 34.71%**

Properties

Glycemic Index:37.42, Glycemic Load:44.04, Inflammation Score:-7, Nutrition Score:20.362608748934%

Flavonoids

Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg, Cyanidin: 10.63mg Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg, Delphinidin: 7.21mg Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg, Epigallocatechin: 5.57mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg, Epigallocatechin 3-gallate: 2.28mg

Nutrients (% of daily need)

Calories: 1242.79kcal (62.14%), Fat: 90.68g (139.51%), Saturated Fat: 18.24g (114%), Carbohydrates: 113.81g (37.94%), Net Carbohydrates: 104.3g (37.93%), Sugar: 103.77g (115.3%), Cholesterol: 51.73mg (17.24%), Sodium: 170.53mg (7.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.11g (20.22%), Manganese: 4.48mg (223.97%), Copper: 1.21mg (60.4%), Vitamin B1: 0.67mg (44.89%), Fiber: 9.5g (38.02%), Magnesium: 126.23mg (31.56%), Zinc: 4.66mg (31.07%), Phosphorus: 305.64mg (30.56%), Iron: 2.77mg (15.41%), Potassium: 493.13mg (14.09%), Calcium: 133.89mg (13.39%), Vitamin A: 662.24IU (13.24%), Vitamin E: 1.92mg (12.83%), Vitamin B6: 0.24mg (11.85%), Vitamin B2: 0.18mg (10.68%), Vitamin B5: 1.01mg (10.14%), Selenium: 5.27µg (7.53%), Vitamin B3: 1.23mg (6.15%), Folate: 22.79µg (5.7%), Vitamin K: 5.13µg (4.88%), Vitamin B12: 0.17µg (2.84%), Vitamin D: 0.27µg (1.79%), Vitamin C:

1.09mg (1.32%)