

Praline Pecans

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



319 kcal

SIDE DISH

Ingredients

- 1 cup brown sugar packed
- 0.5 teaspoon ground cinnamon
- 2 tablespoons honey
- 3 cups pecans
- 0.3 teaspoon rum extract
- 1 cup sugar
- 3 teaspoons vanilla extract
- 0.5 cup water

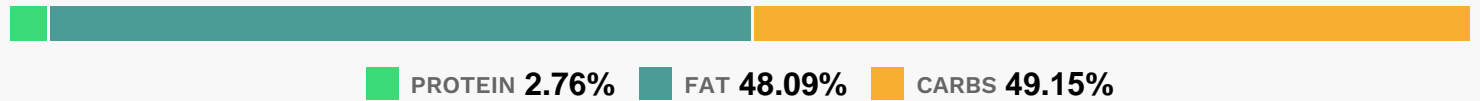
Equipment

- sauce pan
- blender
- candy thermometer

Directions

- In a heavy saucepan, combine the sugars, water, honey and cinnamon. Bring to a boil over medium heat; do not stir. Cook over medium heat until a candy thermometer reads 240° (soft-ball stage).
- Remove from the heat; add extracts. Cool to lukewarm without stirring.
- Beat with a mixer for 2–3 minutes or until creamy. Stir in pecans until coated. Turn onto waxed paper (mixture will be sticky); separate large clumps. Cool for several hours or until dry and sugary. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:11.45, Glycemic Load:13.25, Inflammation Score:-2, Nutrition Score:6.2530434922032%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg

Nutrients (% of daily need)

Calories: 318.58kcal (15.93%), Fat: 17.88g (27.5%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 41.1g (13.7%), Net Carbohydrates: 38.68g (14.06%), Sugar: 38.4g (42.67%), Cholesterol: 0mg (0%), Sodium: 6.03mg (0.26%), Alcohol: 0.34g (100%), Alcohol %: 0.59% (100%), Protein: 2.31g (4.61%), Manganese: 1.15mg (57.29%), Copper: 0.31mg (15.53%), Vitamin B1: 0.16mg (10.9%), Fiber: 2.43g (9.71%), Magnesium: 31.94mg (7.98%), Zinc: 1.14mg (7.6%), Phosphorus: 69.54mg (6.95%), Iron: 0.79mg (4.38%), Potassium: 129.85mg (3.71%), Calcium: 34.16mg (3.42%), Vitamin B6: 0.06mg (3.04%), Vitamin B5: 0.24mg (2.41%), Vitamin E: 0.35mg (2.32%), Vitamin B2: 0.04mg (2.22%),

Selenium: 1.29µg (1.84%), Vitamin B3: 0.32mg (1.6%), Folate: 5.7µg (1.43%)