

# Praline Strips

 **Gluten Free**  **Low Fod Map**

READY IN



**45 min.**

SERVINGS



**36**

CALORIES



**90 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup butter
- 1 cup brown sugar light packed
- 0.5 cup butter
- 1 cup pecans chopped
- 1 teaspoon vanilla extract

## Equipment

- frying pan
- baking sheet

- oven
- aluminum foil

## Directions

- Preheat oven to 350 degrees F (180 degrees C).
- Line cookie sheet with foil and cover bottom of pan with graham crackers.
- Bring butter, margarine, and sugar to a boil for 2 minutes.
- Add pecans and vanilla.
- Pour over crackers; spread evenly.
- Bake for 10 minutes.
- Cut while warm or break into small pieces.

## Nutrition Facts

**PROTEIN 1.47%** **FAT 70.65%** **CARBS 27.88%**

## Properties

Glycemic Index:1.67, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.0665217322176%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

## Nutrients (% of daily need)

Calories: 89.74kcal (4.49%), Fat: 7.28g (11.19%), Saturated Fat: 2.33g (14.59%), Carbohydrates: 6.46g (2.15%), Net Carbohydrates: 6.17g (2.24%), Sugar: 6.06g (6.74%), Cholesterol: 6.78mg (2.26%), Sodium: 51.72mg (2.25%), Alcohol: 0.04g (100%), Alcohol %: 0.31% (100%), Protein: 0.34g (0.68%), Manganese: 0.14mg (7.02%), Vitamin A: 193.26IU (3.87%), Copper: 0.04mg (1.96%), Vitamin E: 0.21mg (1.42%), Vitamin B1: 0.02mg (1.36%), Fiber: 0.29g (1.16%), Magnesium: 4.38mg (1.1%), Phosphorus: 10.12mg (1.01%)