



Praline Sundae Topping

 Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



266 kcal

DESSERT

Ingredients

- 1.3 cups brown sugar packed
- 0.3 cup butter
- 2 tablespoons plus light
- 1 cup evaporated milk
- 16 large marshmallows
- 0.5 cup pecans toasted chopped
- 1 dash salt
- 1 teaspoon vanilla extract

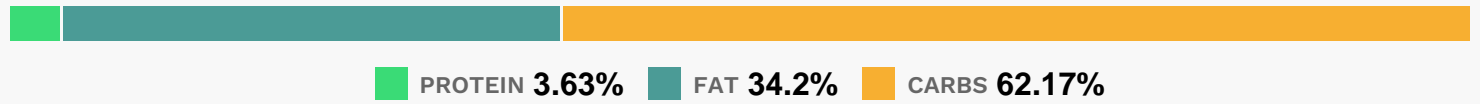
Equipment

sauce pan

Directions

- Melt butter in a saucepan over low heat. Stir in brown sugar, marshmallows, corn syrup and salt. Bring to a boil over low heat, stirring constantly. Boil for 1 minute.
- Remove from the heat, and cool for 5 minutes. Stir in evaporated milk, pecans and vanilla; mix well.

Nutrition Facts



Properties

Glycemic Index:13.95, Glycemic Load:6.17, Inflammation Score:-2, Nutrition Score:3.2439130641844%

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: 266.09kcal (13.3%), Fat: 10.46g (16.1%), Saturated Fat: 4.42g (27.61%), Carbohydrates: 42.8g (14.27%), Net Carbohydrates: 42.27g (15.37%), Sugar: 39.31g (43.67%), Cholesterol: 19.51mg (6.5%), Sodium: 86.5mg (3.76%), Alcohol: 0.14g (100%), Alcohol %: 0.22% (100%), Protein: 2.5g (5%), Manganese: 0.27mg (13.31%), Calcium: 94.73mg (9.47%), Phosphorus: 69.63mg (6.96%), Vitamin B2: 0.09mg (5.24%), Copper: 0.09mg (4.68%), Vitamin A: 205.1IU (4.1%), Potassium: 137.83mg (3.94%), Magnesium: 15.55mg (3.89%), Vitamin B1: 0.05mg (3.39%), Zinc: 0.48mg (3.19%), Vitamin B5: 0.25mg (2.51%), Iron: 0.41mg (2.27%), Fiber: 0.53g (2.14%), Selenium: 1.39µg (1.99%), Vitamin B6: 0.04mg (1.8%), Vitamin E: 0.25mg (1.66%)