



Pralines

 **Vegetarian**  **Gluten Free**

READY IN



45 min.

SERVINGS



10

CALORIES



418 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 3 tablespoons plus dark
- 1 cup evaporated milk
- 1.5 cups brown sugar light packed
- 1.5 cups pecan halves
- 0.1 teaspoon salt
- 1.5 cups sugar
- 1 teaspoon vanilla extract pure

Equipment

- sauce pan
- wooden spoon
- candy thermometer

Directions

- Butter the sides of a heavy 2-quart saucepan.
- Put the sugars, salt, corn syrup, milk, and butter in saucepan. Over medium heat, stir mixture constantly with a wooden spoon until sugars have dissolved and mixture comes to a boil. Continue to cook to a soft ball stage, approximately 236 degrees F on a candy thermometer. (If you do a cold water test, drizzle a drop of candy into a glass of cold water, the ball of candy will flatten between your fingers when you take it out of the water.)
- Remove from heat and allow it to cool for 10 minutes.
- Add the vanilla and nuts, and beat with a spoon by hand for approximately 2 minutes or until candy is slightly thick and begins to lose its gloss. Quickly drop heaping tablespoons onto waxed paper. If the candy becomes stiff, add a few drops of hot water.

Nutrition Facts



Properties

Glycemic Index:22.01, Glycemic Load:25.62, Inflammation Score:-2, Nutrition Score:5.46739129333339%

Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Delphinidin: 1.08mg, Delphinidin: 1.08mg, Delphinidin: 1.08mg, Delphinidin: 1.08mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg

Nutrients (% of daily need)

Calories: 417.64kcal (20.88%), Fat: 14.96g (23.02%), Saturated Fat: 3.51g (21.96%), Carbohydrates: 72.02g (24.01%), Net Carbohydrates: 70.59g (25.67%), Sugar: 70.24g (78.05%), Cholesterol: 13.33mg (4.44%), Sodium: 93.59mg

(4.07%), Alcohol: 0.14g (100%), Alcohol %: 0.15% (100%), Protein: 3.14g (6.28%), Manganese: 0.7mg (34.98%), Calcium: 105.78mg (10.58%), Copper: 0.2mg (10.18%), Phosphorus: 95.03mg (9.5%), Vitamin B1: 0.11mg (7.38%), Magnesium: 27.62mg (6.9%), Vitamin B2: 0.11mg (6.27%), Zinc: 0.89mg (5.9%), Fiber: 1.43g (5.7%), Potassium: 185.9mg (5.31%), Iron: 0.7mg (3.88%), Vitamin B5: 0.34mg (3.37%), Vitamin B6: 0.06mg (2.9%), Vitamin A: 138.52IU (2.77%), Selenium: 1.94µg (2.77%), Vitamin E: 0.31mg (2.09%), Folate: 5.7µg (1.42%), Vitamin B3: 0.26mg (1.32%)