



## Pralines



Vegetarian



Gluten Free

READY IN



210 min.

SERVINGS



18

CALORIES



208 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 cups brown sugar light packed
- ☐ 1 cup granulated sugar
- ☐ 1.3 cups milk
- ☐ 0.3 cup plus light
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vanilla
- ☐ 5.5 oz cashew pieces

## Equipment

- ☐ sauce pan
- ☐ plastic wrap
- ☐ candy thermometer

## Directions

- ☐ In heavy 3-quart saucepan, heat brown sugar, granulated sugar, milk, corn syrup and salt to boiling, stirring constantly. Reduce heat to medium. Cook uncovered about 15 minutes, without stirring, to 236°F on candy thermometer or until small amount of mixture dropped into cup of very cold water forms a soft ball that flattens when removed from water. Cool about 1 hour, without stirring, until saucepan is cool to the touch.
- ☐ Add vanilla and pecan halves. Beat with spoon about 1 minute or until mixture is slightly thickened and just coats pecans but does not lose its gloss. On waxed paper, drop mixture by spoonfuls, dividing pecans equally.
- ☐ Let stand uncovered 1 to 2 hours or until candies are firm and no longer glossy.
- ☐ Wrap candies individually in waxed paper or plastic wrap. Store in airtight container.

## Nutrition Facts



## Properties

Glycemic Index:8.46, Glycemic Load:9.34, Inflammation Score:-1, Nutrition Score:3.0808695653534%

## Nutrients (% of daily need)

Calories: 207.78kcal (10.39%), Fat: 4.39g (6.75%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 42.12g (14.04%), Net Carbohydrates: 41.83g (15.21%), Sugar: 39.79g (44.21%), Cholesterol: 2.03mg (0.68%), Sodium: 33.54mg (1.46%), Alcohol: 0.08g (100%), Alcohol %: 0.15% (100%), Protein: 2.16g (4.33%), Copper: 0.2mg (10.14%), Manganese: 0.16mg (8.03%), Magnesium: 29.6mg (7.4%), Phosphorus: 69.47mg (6.95%), Calcium: 45.1mg (4.51%), Iron: 0.76mg (4.21%), Zinc: 0.6mg (4%), Selenium: 2.44µg (3.48%), Potassium: 115.7mg (3.31%), Vitamin B1: 0.05mg (3.26%), Vitamin K: 3µg (2.86%), Vitamin B6: 0.06mg (2.83%), Vitamin B2: 0.03mg (1.81%), Vitamin B5: 0.17mg (1.7%), Vitamin B12: 0.09µg (1.52%), Vitamin D: 0.19µg (1.24%), Fiber: 0.29g (1.14%)