



Pralines



Vegetarian



Gluten Free

READY IN



210 min.

SERVINGS



18

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

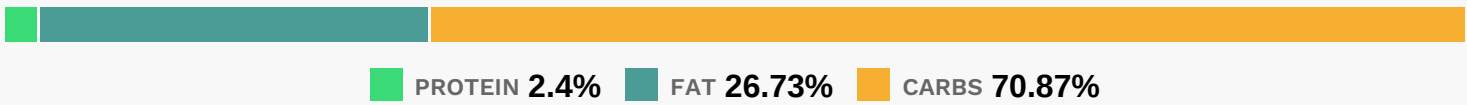
Equipment

- ☐ 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 236F 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:7.62, Glycemic Load:8.79, Inflammation Score:-1, Nutrition Score:2.9708696095192%

Flavonoids

Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg

Nutrients (% of daily need)

Calories: 219.73kcal (10.99%), Fat: 6.82g (10.5%), Saturated Fat: 0.85g (5.32%), Carbohydrates: 40.71g (13.57%), Net Carbohydrates: 39.88g (14.5%), Sugar: 39.62g (44.03%), Cholesterol: 2.03mg (0.68%), Sodium: 32.5mg (1.41%), Alcohol: 0.08g (100%), Alcohol %: 0.15% (100%), Protein: 1.38g (2.76%), Manganese: 0.41mg (20.36%), Copper: 0.12mg (5.83%), Calcium: 47.96mg (4.8%), Vitamin B1: 0.07mg (4.63%), Phosphorus: 42.1mg (4.21%), Magnesium:

14.79mg (3.7%), Fiber: 0.83g (3.33%), Zinc: 0.49mg (3.28%), Potassium: 94.05mg (2.69%), Iron: 0.4mg (2.21%),
Vitamin B2: 0.04mg (2.17%), Vitamin B6: 0.04mg (1.93%), Vitamin B5: 0.17mg (1.7%), Vitamin B12: 0.09µg (1.52%),
Selenium: 1.04µg (1.49%), Vitamin D: 0.19µg (1.24%)