



Pralines

 Gluten Free

READY IN



45 min.

SERVINGS



30

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups brown sugar packed
- ☐ 0.3 cup butter
- ☐ 1 cup evaporated milk
- ☐ 2 cups pecans toasted
- ☐ 1.5 cups sugar
- ☐ 1 teaspoon vanilla extract

Equipment

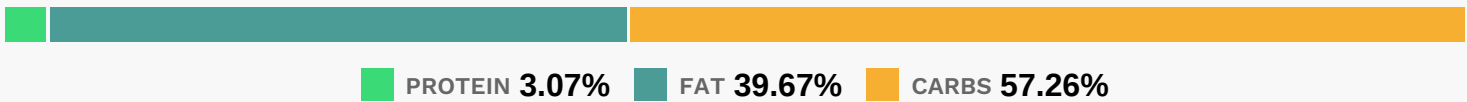
- ☐ baking paper

- ☐ wooden spoon
- ☐ wax paper
- ☐ dutch oven
- ☐ candy thermometer

Directions

- ☐ Bring sugars and milk to a boil in a Dutch oven, stirring often. Cook over medium heat, stirring often, 11 minutes or until a candy thermometer registers 228 (thread stage).
- ☐ Stir in butter and pecans; cook, stirring constantly, until candy thermometer registers 236 (soft ball stage).
- ☐ Remove from heat; stir in vanilla. Beat with a wooden spoon 1 to 2 minutes or just until mixture begins to thicken. Quickly drop by heaping tablespoonfuls onto buttered wax paper or parchment paper; let stand until firm.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:7.01, Inflammation Score:-1, Nutrition Score:2.2460869704576%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg

Nutrients (% of daily need)

Calories: 151.23kcal (7.56%), Fat: 6.94g (10.68%), Saturated Fat: 1.11g (6.93%), Carbohydrates: 22.55g (7.52%), Net Carbohydrates: 21.91g (7.97%), Sugar: 21.77g (24.19%), Cholesterol: 2.44mg (0.81%), Sodium: 29.93mg (1.3%), Alcohol: 0.05g (100%), Alcohol %: 0.15% (100%), Protein: 1.21g (2.42%), Manganese: 0.31mg (15.26%), Copper: 0.09mg (4.33%), Calcium: 36.36mg (3.64%), Phosphorus: 36.22mg (3.62%), Vitamin B1: 0.05mg (3.18%), Magnesium: 11.06mg (2.77%), Fiber: 0.63g (2.53%), Zinc: 0.37mg (2.45%), Vitamin B2: 0.04mg (2.23%), Potassium: 68.33mg (1.95%), Vitamin A: 91.44IU (1.83%), Iron: 0.27mg (1.48%), Vitamin B5: 0.13mg (1.27%), Vitamin B6: 0.02mg (1.14%), Vitamin E: 0.16mg (1.1%)