



Quick Caramel-Coconut-Pecan Frosting



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



5

CALORIES



1080 kcal

FROSTING

ICING

Ingredients

- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 0.5 cup butter
- ☐ 1.5 cups pecans toasted chopped
- ☐ 1.5 cups coconut or sweetened flaked
- ☐ 28 ounce condensed milk sweetened canned
- ☐ 1 teaspoon vanilla extract

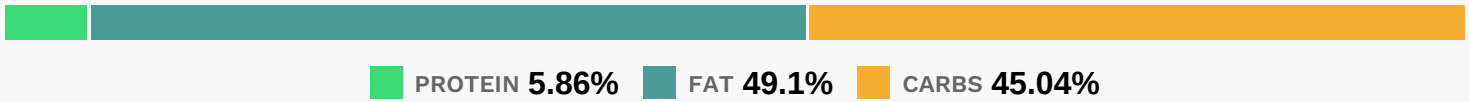
Equipment

- ☐ sauce pan

Directions

- ☐
- Place all ingredients in a heavy 3-quart saucepan; bring to a boil, stirring constantly, over medium-low heat. Cook, stirring constantly, 3 to 5 minutes or until mixture reaches a pudding-like thickness.
- ☐
- Remove from heat; stir in coconut and pecans.

Nutrition Facts



Properties

Glycemic Index:24.2, Glycemic Load:52.82, Inflammation Score:-7, Nutrition Score:21.525217584942%

Flavonoids

Cyanidin: 3.19mg, Cyanidin: 3.19mg, Cyanidin: 3.19mg, Cyanidin: 3.19mg Delphinidin: 2.16mg, Delphinidin: 2.16mg, Delphinidin: 2.16mg, Delphinidin: 2.16mg Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg Epigallocatechin: 1.67mg, Epigallocatechin: 1.67mg, Epigallocatechin: 1.67mg, Epigallocatechin: 1.67mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg

Nutrients (% of daily need)

Calories: 1079.78kcal (53.99%), Fat: 60.75g (93.46%), Saturated Fat: 28.95g (180.94%), Carbohydrates: 125.4g (41.8%), Net Carbohydrates: 120.02g (43.64%), Sugar: 118.38g (131.54%), Cholesterol: 102.78mg (34.26%), Sodium: 426.49mg (18.54%), Alcohol: 0.28g (100%), Alcohol %: 0.13% (100%), Protein: 16.3g (32.6%), Manganese: 1.61mg (80.32%), Phosphorus: 515.8mg (51.58%), Calcium: 498.26mg (49.83%), Vitamin B2: 0.71mg (41.84%), Selenium: 29.22µg (41.74%), Potassium: 838.71mg (23.96%), Copper: 0.47mg (23.32%), Magnesium: 92.75mg (23.19%), Vitamin B1: 0.34mg (22.93%), Fiber: 5.38g (21.5%), Zinc: 3.05mg (20.31%), Vitamin A: 1007.79IU (20.16%), Vitamin B5: 1.54mg (15.37%), Vitamin B12: 0.74µg (12.29%), Iron: 1.6mg (8.89%), Vitamin B6: 0.16mg (8.04%), Vitamin E: 1.2mg (7.98%), Folate: 25.66µg (6.42%), Vitamin C: 4.45mg (5.4%), Vitamin B3: 0.9mg (4.48%), Vitamin K: 3.58µg (3.41%), Vitamin D: 0.32µg (2.12%)