



Quick Caramel-Pecan Frosting

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



5

CALORIES



964 kcal

FROSTING

ICING

Ingredients

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

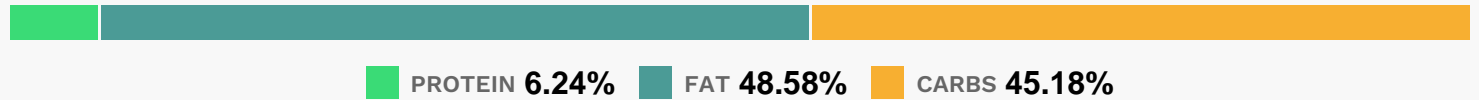
Equipment

- 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 pecans.

Nutrition Facts



Properties

Glycemic Index:24.2, Glycemic Load:52.82, Inflammation Score:-7, Nutrition Score:19.511738963749%

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: 963.5kcal (48.18%), Fat: 53.61g (82.47%), Saturated Fat: 22.22g (138.87%), Carbohydrates: 112.19g (37.4%), Net Carbohydrates: 109.34g (39.76%), Sugar: 109g (121.11%), Cholesterol: 102.78mg (34.26%), Sodium: 353.81mg (15.38%), Alcohol: 0.28g (100%), Alcohol %: 0.15% (100%), Protein: 15.5g (31%), Manganese: 1.36mg (68.1%), Calcium: 495.46mg (49.55%), Phosphorus: 490.3mg (49.03%), Vitamin B2: 0.71mg (41.62%), Selenium: 25.12µg (35.88%), Vitamin B1: 0.34mg (22.67%), Potassium: 746.65mg (21.33%), Vitamin A: 1007.79IU (20.16%), Magnesium: 79.74mg (19.94%), Copper: 0.39mg (19.56%), Zinc: 2.87mg (19.1%), Vitamin B5: 1.5mg (15.01%), Vitamin B12: 0.74µg (12.29%), Fiber: 2.85g (11.4%), Vitamin E: 1.2mg (7.98%), Vitamin B6: 0.15mg (7.66%), Iron: 1.21mg (6.75%), Folate: 24.9µg (6.22%), Vitamin C: 4.45mg (5.4%), Vitamin B3: 0.72mg (3.59%), Vitamin K: 3.58µg (3.41%), Vitamin D: 0.32µg (2.12%)