



Southern Pecan Pralines

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



824 kcal

SIDE DISH

Ingredients

- ☐ 3 cups firmly brown sugar packed
- ☐ 0.5 cup butter
- ☐ 1 tablespoon butter
- ☐ 0.3 cup plus light
- ☐ 1 teaspoon cream of tartar
- ☐ 2 cups evaporated milk
- ☐ 3 cups pecans toasted coarsely chopped
- ☐ 1 cup sugar

☐ 1 tablespoon vanilla extract

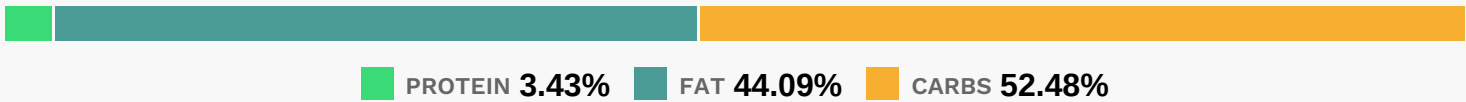
Equipment

- ☐ frying pan
- ☐ wooden spoon
- ☐ wax paper
- ☐ dutch oven

Directions

- ☐ Coat sides of a Dutch oven with 1 tablespoon butter.
- ☐ Add brown sugar and next 4 ingredients. Bring to a boil over medium heat, stirring constantly until sugar dissolves (about 5 minutes). Cover and cook, without stirring, 2 to 3 minutes to wash down sugar crystals from sides of pan. Uncover and cook, stirring occasionally, 10 to 12 minutes or until mixture reaches soft ball stage (234).
- ☐ Remove from heat; stir in 1/2 cup butter and vanilla.
- ☐ Beat with a wooden spoon 5 minutes or until mixture is creamy and begins to thicken. Stir in pecans. Working quickly, drop mixture by heaping tablespoonfuls onto lightly greased wax paper; let stand until firm.

Nutrition Facts



Properties

Glycemic Index:22.12, Glycemic Load:17.06, Inflammation Score:-5, Nutrition Score:13.167826154958%

Flavonoids

Cyanidin: 3.9mg, Cyanidin: 3.9mg, Cyanidin: 3.9mg, Cyanidin: 3.9mg Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg

Nutrients (% of daily need)

Calories: 824.29kcal (41.21%), Fat: 41.97g (64.57%), Saturated Fat: 12.1g (75.61%), Carbohydrates: 112.42g (37.47%), Net Carbohydrates: 108.93g (39.61%), Sugar: 107.84g (119.82%), Cholesterol: 46.7mg (15.57%), Sodium: 177.38mg (7.71%), Alcohol: 0.5g (100%), Alcohol %: 0.3% (100%), Protein: 7.35g (14.71%), Manganese: 1.69mg (84.51%), Copper: 0.48mg (24.13%), Calcium: 237.5mg (23.75%), Phosphorus: 220.76mg (22.08%), Vitamin B1: 0.27mg (18.17%), Magnesium: 64.56mg (16.14%), Zinc: 2.16mg (14.39%), Fiber: 3.49g (13.95%), Vitamin B2: 0.23mg (13.8%), Potassium: 477.26mg (13.64%), Vitamin A: 508.21IU (10.16%), Iron: 1.57mg (8.75%), Vitamin B5: 0.78mg (7.84%), Vitamin B6: 0.14mg (6.76%), Vitamin E: 0.93mg (6.18%), Selenium: 3.89µg (5.56%), Folate: 13.63µg (3.41%), Vitamin B3: 0.63mg (3.13%), Vitamin K: 2.6µg (2.48%), Vitamin B12: 0.11µg (1.89%), Vitamin C: 1.46mg (1.77%)