



Sugared Pecans



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



369 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 1 egg white
- ☐ 0.3 cup granulated sugar
- ☐ 1 lb pecan halves

Equipment

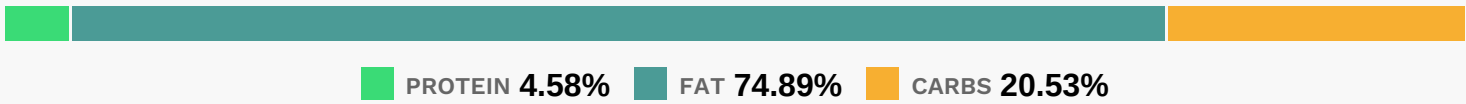
- ☐ frying pan
- ☐ oven
- ☐ whisk

☐ aluminum foil

Directions

- ☐ Whisk egg white until foamy; add pecans, and stir until evenly coated.
- ☐ Stir together sugars; sprinkle over pecans. Stir gently until pecans are evenly coated.
- ☐ Spread pecans in a single layer in a lightly greased aluminum foil-lined 15- x 10-inch jelly-roll pan.
- ☐ Bake at 350 for 18 to 20 minutes or until pecans are toasted and dry, stirring once after 10 minutes.
- ☐ Remove from oven, and let cool 30 minutes or until completely cool.
- ☐ Note: Store pecans in a zip-top plastic freezer bag at room temperature up to 3 days or freeze up to 3 weeks.

Nutrition Facts



Properties

Glycemic Index:8.01, Glycemic Load:4.85, Inflammation Score:-3, Nutrition Score:10.886086999884%

Flavonoids

Cyanidin: 4.87mg, Cyanidin: 4.87mg, Cyanidin: 4.87mg, Cyanidin: 4.87mg Delphinidin: 3.3mg, Delphinidin: 3.3mg, Delphinidin: 3.3mg, Delphinidin: 3.3mg Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg Epigallocatechin: 2.55mg, Epigallocatechin: 2.55mg, Epigallocatechin: 2.55mg, Epigallocatechin: 2.55mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 1.04mg, Epigallocatechin 3-gallate: 1.04mg, Epigallocatechin 3-gallate: 1.04mg, Epigallocatechin 3-gallate: 1.04mg

Nutrients (% of daily need)

Calories: 368.53kcal (18.43%), Fat: 32.69g (50.28%), Saturated Fat: 2.8g (17.52%), Carbohydrates: 20.16g (6.72%), Net Carbohydrates: 15.81g (5.75%), Sugar: 15.59g (17.32%), Cholesterol: 0mg (0%), Sodium: 7.1mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (8.99%), Manganese: 2.05mg (102.32%), Copper: 0.55mg (27.45%), Vitamin B1: 0.3mg (19.97%), Fiber: 4.35g (17.42%), Magnesium: 55.87mg (13.97%), Zinc: 2.06mg (13.72%), Phosphorus: 126.39mg (12.64%), Iron: 1.21mg (6.7%), Potassium: 200.75mg (5.74%), Vitamin B6: 0.1mg (4.92%), Vitamin B2: 0.07mg (4.32%), Vitamin E: 0.63mg (4.23%), Vitamin B5: 0.41mg (4.07%), Calcium: 38.11mg (3.81%), Selenium: 2.45µg (3.5%), Vitamin B3: 0.54mg (2.71%), Folate: 10.17µg (2.54%), Vitamin K: 1.59µg (1.51%)