

# Swedish Nuts II

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



1585 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup butter
- 2 egg whites
- 1 pound pecan halves
- 1 pinch salt
- 0.5 teaspoon vanilla extract
- 1 cup sugar white

## Equipment

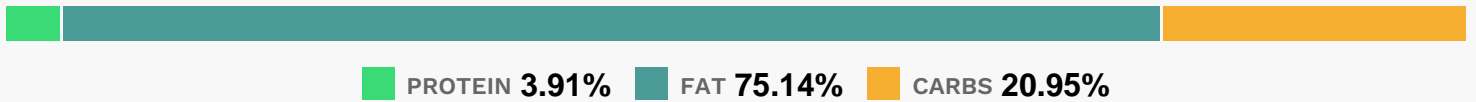
- frying pan

- oven
- baking pan
- aluminum foil

## Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Beat egg whites until soft peaks begin to form.
- Add sugar, salt and vanilla; beat until stiff peaks form and turn glossy. Fold in nuts and coat well with the egg white mixture.
- Melt butter in a 9x13 inch baking pan by placing pan in the oven. Evenly spread coated nuts over melted butter in pan.
- Bake for 30 minutes, stirring and turning nuts about every 8 minutes, or until butter no longer remains in pan.
- Place hot nuts on foil and allow to cool. May be stored in an airtight container for several weeks!

## Nutrition Facts



## Properties

Glycemic Index:43.36, Glycemic Load:47.2, Inflammation Score:-8, Nutrition Score:27.664782529292%

## Flavonoids

Cyanidin: 16.24mg, Cyanidin: 16.24mg, Cyanidin: 16.24mg, Cyanidin: 16.24mg Delphinidin: 11.01mg, Delphinidin: 11.01mg, Delphinidin: 11.01mg, Delphinidin: 11.01mg Catechin: 10.95mg, Catechin: 10.95mg, Catechin: 10.95mg, Catechin: 10.95mg Epigallocatechin: 8.51mg, Epigallocatechin: 8.51mg, Epigallocatechin: 8.51mg, Epigallocatechin: 8.51mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 3.48mg, Epigallocatechin 3-gallate: 3.48mg, Epigallocatechin 3-gallate: 3.48mg, Epigallocatechin 3-gallate: 3.48mg

## Nutrients (% of daily need)

Calories: 1585.03kcal (79.25%), Fat: 139.79g (215.07%), Saturated Fat: 28.79g (179.94%), Carbohydrates: 87.67g (29.22%), Net Carbohydrates: 73.15g (26.6%), Sugar: 72.78g (80.87%), Cholesterol: 81.34mg (27.11%), Sodium: 290.11mg (12.61%), Alcohol: 0.23g (100%), Alcohol %: 0.11% (100%), Protein: 16.37g (32.73%), Manganese: 6.81mg

(340.52%), Copper: 1.82mg (91.21%), Vitamin B1: 1mg (66.71%), Fiber: 14.52g (58.06%), Magnesium: 185.99mg (46.5%), Zinc: 6.9mg (45.98%), Phosphorus: 430.94mg (43.09%), Iron: 3.88mg (21.57%), Vitamin A: 1030.13IU (20.6%), Vitamin E: 2.99mg (19.96%), Potassium: 663.91mg (18.97%), Vitamin B2: 0.31mg (18.27%), Vitamin B6: 0.32mg (15.99%), Selenium: 10.52µg (15.03%), Vitamin B5: 1.38mg (13.85%), Calcium: 117.07mg (11.71%), Vitamin B3: 1.81mg (9.04%), Folate: 35.2µg (8.8%), Vitamin K: 7.94µg (7.56%), Vitamin C: 1.66mg (2.02%), Vitamin B12: 0.08µg (1.37%)