



## Texas Glazed Pecans

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



80 min.

SERVINGS



4

CALORIES



992 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 teaspoons cinnamon
- 1 egg white
- 1 pound pecan halves
- 0.8 teaspoon salt
- 1 tablespoon vanilla extract pure
- 4 teaspoons water
- 1 cup sugar white

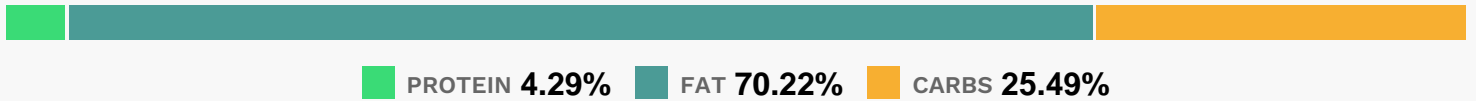
### Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk

## Directions

- Preheat an oven to 250 degrees F (120 degrees C). Line a baking sheet with parchment paper.
- Beat the egg in a bowl until frothy; whisk the water and vanilla into the egg. Stir the sugar, cinnamon, and salt into the egg mixture.
- Add the pecans; stir to coat completely.
- Spread the pecans onto the prepared baking sheet.
- Roast the pecans in the preheated oven, stirring about every 15 minutes, until the coating forms a glaze, about 1 hour. Allow to cool on the baking sheet at least 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:21.27, Glycemic Load:35.41, Inflammation Score:-6, Nutrition Score:20.777391329408%

## Flavonoids

Cyanidin: 12.18mg, Cyanidin: 12.18mg, Cyanidin: 12.18mg, Cyanidin: 12.18mg Delphinidin: 8.26mg, Delphinidin: 8.26mg, Delphinidin: 8.26mg, Delphinidin: 8.26mg Catechin: 8.21mg, Catechin: 8.21mg, Catechin: 8.21mg, Catechin: 8.21mg Epigallocatechin: 6.38mg, Epigallocatechin: 6.38mg, Epigallocatechin: 6.38mg, Epigallocatechin: 6.38mg Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg Epigallocatechin 3-gallate: 2.61mg, Epigallocatechin 3-gallate: 2.61mg, Epigallocatechin 3-gallate: 2.61mg, Epigallocatechin 3-gallate: 2.61mg

## Nutrients (% of daily need)

Calories: 991.81kcal (49.59%), Fat: 81.83g (125.9%), Saturated Fat: 7.01g (43.82%), Carbohydrates: 66.83g (22.28%), Net Carbohydrates: 55.42g (20.15%), Sugar: 54.89g (60.99%), Cholesterol: 0mg (0%), Sodium: 449.62mg (19.55%), Alcohol: 1.12g (100%), Alcohol %: 0.78% (100%), Protein: 11.26g (22.52%), Manganese: 5.29mg (264.45%), Copper: 1.37mg (68.64%), Vitamin B1: 0.75mg (49.95%), Fiber: 11.42g (45.67%), Magnesium: 139.09mg (34.77%), Zinc: 5.17mg

(34.45%), Phosphorus: 316.07mg (31.61%), Iron: 2.99mg (16.62%), Potassium: 487.37mg (13.92%), Vitamin B6: 0.24mg (12.05%), Vitamin B2: 0.19mg (11.37%), Vitamin E: 1.61mg (10.74%), Vitamin B5: 1mg (9.98%), Calcium: 91.2mg (9.12%), Selenium: 6.14µg (8.77%), Vitamin B3: 1.36mg (6.81%), Folate: 25.31µg (6.33%), Vitamin K: 4.28µg (4.08%), Vitamin C: 1.29mg (1.56%), Vitamin A: 66.45IU (1.33%)