



## Toasted-Pecan Clusters

 Gluten Free  Dairy Free  Low Fod Map

READY IN



48 min.

SERVINGS



100

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 tablespoons butter
- 12 ounce chocolate bark coating
- 3 cups pecans

### Equipment

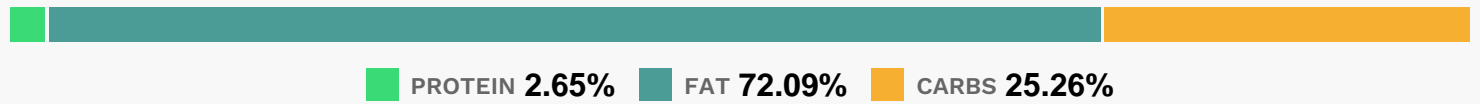
- bowl
- frying pan
- oven
- wax paper

microwave

## Directions

- Melt butter in a 15- x 10-inch jellyroll pan in a 300 oven.
- Spread nuts in pan.
- Bake at 300 for 30 minutes, stirring every 10 minutes.
- Microwave bark coating in a 1-quart glass bowl at MEDIUM (50% power) 2 to 3 minutes or until melted. Stir in nuts. Drop by rounded teaspoonfuls onto wax paper; let stand until chocolate hardens.

## Nutrition Facts



## Properties

Glycemic Index:0.1, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.7978260964965%

## Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

## Nutrients (% of daily need)

Calories: 45.04kcal (2.25%), Fat: 3.66g (5.64%), Saturated Fat: 1.24g (7.78%), Carbohydrates: 2.89g (0.96%), Net Carbohydrates: 2.57g (0.94%), Sugar: 2.56g (2.84%), Cholesterol: 0mg (0%), Sodium: 4.95mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.61%), Manganese: 0.15mg (7.36%), Copper: 0.04mg (1.96%), Vitamin B1: 0.02mg (1.44%), Fiber: 0.31g (1.26%)