



Toasted Pecan Divinity

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



48

CALORIES



70 kcal

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 0.5 cup light-colored corn syrup
- ☐ 2 large egg whites
- ☐ 4 ounces pecan halves
- ☐ 0.3 teaspoon salt
- ☐ 2.5 cups sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.7 cup water

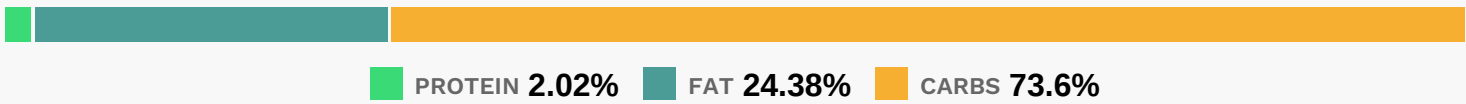
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ stand mixer
- ☐ wax paper
- ☐ candy thermometer

Directions

- ☐ Preheat oven to 35
- ☐ Combine pecans and butter, and toss well.
- ☐ Spread mixture evenly onto a jelly-roll pan.
- ☐ Bake at 350 for 12 minutes, stirring once.
- ☐ Remove from oven; sprinkle with salt.
- ☐ Combine the sugar, water, and corn syrup in a medium saucepan; bring to a boil over medium heat. Cover and cook 3 minutes. Uncover and continue cooking, without stirring, until a candy thermometer registers 250 (about 8 minutes).
- ☐ Remove from heat.
- ☐ Beat egg whites in a large mixing bowl with a heavy-duty stand mixer at high speed until stiff peaks form; beat in vanilla.
- ☐ Pour hot syrup in a thin stream over beaten egg whites while continuing to beat at high speed. Continue beating until mixture becomes stiff (about 3 minutes). Working quickly, drop by rounded teaspoonfuls onto wax paper. Gently press a pecan half on top of each piece of candy. Store divinity in an airtight container.

Nutrition Facts



Properties

Glycemic Index:3.11, Glycemic Load:7.8, Inflammation Score:-1, Nutrition Score:0.64739130907085%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg

Nutrients (% of daily need)

Calories: 69.53kcal (3.48%), Fat: 1.98g (3.05%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 13.45g (4.48%), Net Carbohydrates: 13.23g (4.81%), Sugar: 13.24g (14.71%), Cholesterol: 0.63mg (0.21%), Sodium: 18.75mg (0.82%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Protein: 0.37g (0.74%), Manganese: 0.11mg (5.36%), Copper: 0.03mg (1.5%), Vitamin B1: 0.02mg (1.18%)