



## Turtle "Candies"

READY IN



15 min.

SERVINGS



15

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 caramels kraft
- 18 planters pecan halves
- 1 oz baker's semi-sweet chocolate melted
- 18 vanilla wafers
- 1 tsp water

## Equipment

- bowl
- baking sheet

microwave

## Directions

Place wafers, bottom-sides up, on baking sheet.

Microwave caramels and water in microwaveable bowl on MEDIUM (50%) 1 to 1-1/2 min. or until caramels are melted, stirring every 30 sec.

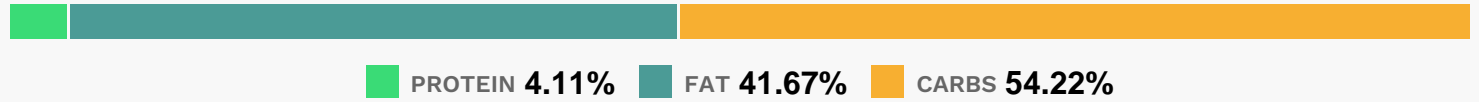
Let stand 5 min.

Spoon 1/2 tsp. of the caramel onto each wafer; top with nut.

Drizzle with chocolate.

Let stand until caramel and chocolate are firm.

## Nutrition Facts



## Properties

Glycemic Index:10.13, Glycemic Load:6.65, Inflammation Score:-1, Nutrition Score:1.163913047994%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

## Nutrients (% of daily need)

Calories: 76.19kcal (3.81%), Fat: 3.62g (5.57%), Saturated Fat: 1.06g (6.64%), Carbohydrates: 10.59g (3.53%), Net Carbohydrates: 10.18g (3.7%), Sugar: 6.53g (7.25%), Cholesterol: 0.56mg (0.19%), Sodium: 42.22mg (1.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.61%), Manganese: 0.1mg (5.06%), Vitamin B1: 0.05mg (3.16%), Copper: 0.04mg (2.24%), Vitamin B2: 0.03mg (1.96%), Phosphorus: 18.67mg (1.87%), Folate: 6.92µg (1.73%), Fiber: 0.41g (1.65%), Magnesium: 6.27mg (1.57%), Vitamin B3: 0.23mg (1.15%)