

# Turtles



Gluten Free

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READY IN

ready

90 min.

SERVINGS

servings

36

CALORIES

calories

136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 cup firmly brown sugar light packed
- ☐ 0.5 cup plus light
- ☐ 0.5 cup butter
- ☐ 1.5 cups pecans chopped
- ☐ 1 pinch salt
- ☐ 6 ounce semi chocolate chips
- ☐ 0.7 cup condensed milk sweetened
- ☐ 0.5 teaspoon vanilla extract

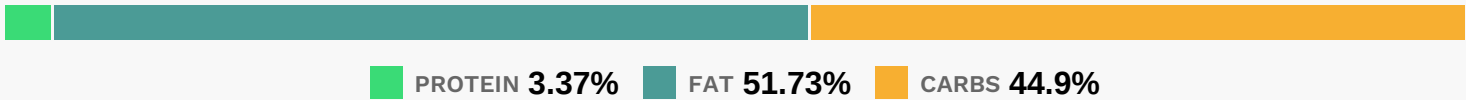
# Equipment

- ☐ baking sheet
- ☐ sauce pan

# Directions

- ☐ Grease 2 baking sheets.
- ☐ Melt margarine in a saucepan over medium heat; stir brown sugar and salt into the melted margarine.
- ☐ Mix in corn syrup and sweetened condensed milk; cook, stirring occasionally, until mixture reaches 250 degrees F (120 degrees C), 15 to 20 minutes.
- ☐ Remove from heat; fold in pecans. Stir vanilla extract into the caramel mixture.
- ☐ Drop spoonfuls of caramel onto the prepared baking sheet. Allow caramels to cool until firm.
- ☐ Cook and stir chocolate chips in a saucepan over medium-low heat until melted and smooth, about 5 minutes.
- ☐ Remove from heat. Dip cooled caramels in the melted chocolate; return to greased baking sheet. Cool until chocolate is set.

# Nutrition Facts



# Properties

Glycemic Index:2.5, Glycemic Load:2.59, Inflammation Score:-2, Nutrition Score:2.4413043629864%

# Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

# Nutrients (% of daily need)

Calories: 136.38kcal (6.82%), Fat: 8.12g (12.49%), Saturated Fat: 2.16g (13.5%), Carbohydrates: 15.86g (5.29%), Net Carbohydrates: 15.04g (5.47%), Sugar: 14.57g (16.19%), Cholesterol: 2.21mg (0.74%), Sodium: 43.13mg (1.88%), Alcohol: 0.02g (100%), Alcohol %: 0.08% (100%), Caffeine: 4.06mg (1.35%), Protein: 1.19g (2.38%), Manganese: 0.27mg (13.57%), Copper: 0.12mg (5.86%), Phosphorus: 40.17mg (4.02%), Magnesium: 15.98mg (4%), Fiber: 0.81g (3.26%), Calcium: 28.84mg (2.88%), Zinc: 0.41mg (2.71%), Vitamin A: 132.81IU (2.66%), Vitamin B1: 0.04mg (2.65%), Iron: 0.47mg (2.6%), Potassium: 76.02mg (2.17%), Selenium: 1.51µg (2.16%), Vitamin B2: 0.03mg (1.94%), Vitamin E: 0.2mg (1.32%), Vitamin B5: 0.11mg (1.07%)