



Vanilla Wafer Pralines

READY IN



75 min.

SERVINGS



15

CALORIES



247 kcal

DESSERT

Ingredients

- 1 cup firmly brown sugar light packed
- 1 cup granulated sugar
- 2 Tbsp butter
- 1 cup planters pecans chopped
- 1 tsp vanilla
- 24 vanilla wafers
- 0.3 cup water
- 0.7 cup whipping cream

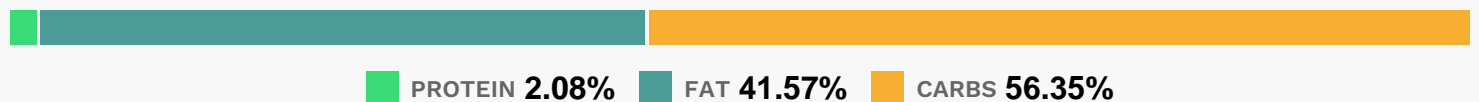
Equipment

- baking sheet
- sauce pan
- wooden spoon
- wax paper

Directions

- Cover 2 baking sheets with wax paper; place 12 wafers, 2 inches apart, on each prepared baking sheet. Set aside.
- Combine granulated sugar, brown sugar, cream and water in 3-qt. saucepan; cook on medium heat until sugar is dissolved, stirring constantly. Cook, without stirring, until temperature reaches 235F (soft ball stage).
- Add margarine. (Do not stir.) Cool 30 min. or until temperature of sugar mixture is reduced to 150F.
- Add pecans and vanilla; beat with wooden spoon 2 to 3 min. until candy begins to thicken but is still glossy. Immediately spoon 1 tablespoonful of the sugar mixture over each wafer. (If mixture becomes stiff, stir in a few drops of water.) Cool completely until firm; peel from wax paper. Store in airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:10.47, Glycemic Load:14.64, Inflammation Score:-2, Nutrition Score:2.6782608621794%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg

Nutrients (% of daily need)

Calories: 247.22kcal (12.36%), Fat: 11.79g (18.13%), Saturated Fat: 3.7g (23.12%), Carbohydrates: 35.96g (11.99%), Net Carbohydrates: 35.19g (12.8%), Sugar: 31.17g (34.64%), Cholesterol: 12.05mg (4.02%), Sodium: 63.51mg (2.76%), Alcohol: 0.1g (100%), Alcohol %: 0.2% (100%), Protein: 1.32g (2.65%), Manganese: 0.31mg (15.38%), Vitamin B1: 0.09mg (5.75%), Vitamin A: 225.96IU (4.52%), Copper: 0.09mg (4.45%), Vitamin B2: 0.05mg (3.18%), Fiber: 0.77g (3.07%), Phosphorus: 29.48mg (2.95%), Folate: 10.49µg (2.62%), Magnesium: 10.18mg (2.54%), Calcium: 24.62mg (2.46%), Zinc: 0.33mg (2.21%), Potassium: 66.14mg (1.89%), Vitamin B3: 0.35mg (1.76%), Vitamin E: 0.25mg (1.65%), Iron: 0.29mg (1.6%), Vitamin B6: 0.02mg (1.19%), Selenium: 0.82µg (1.18%), Vitamin D: 0.17µg (1.13%), Vitamin B5: 0.1mg (1.05%)