



Yummy Pecan Pralines



Vegetarian



Gluten Free

READY IN



90 min.

SERVINGS



20

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup brown sugar
- ☐ 2 tablespoons butter
- ☐ 0.5 cup evaporated milk
- ☐ 1.3 cups pecan halves
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1 cup sugar white

Equipment

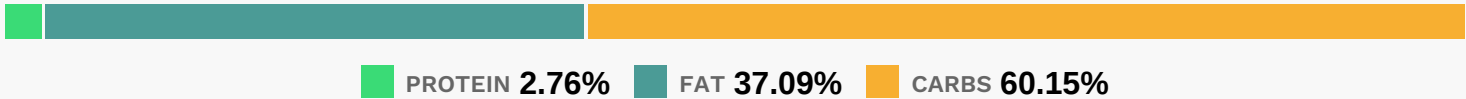
- ☐ baking sheet

☐ sauce pan

Directions

- ☐ Generously grease a large slab or baking sheet.
- ☐ In a saucepan over medium heat, combine brown sugar, white sugar and milk. Bring to a boil. Stir in butter, pecans and vanilla.
- ☐ Heat, without stirring, to between 234 and 240 degrees F (112 to 116 degrees C), or until a small amount of syrup dropped into cold water forms a soft ball that flattens when removed from the water and placed on a flat surface.
- ☐ Remove from heat and let cool 5 minutes.
- ☐ Beat until thickened, then pour immediately onto prepared surface and let rest until firm and completely cool before cutting.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:7.01, Inflammation Score:-1, Nutrition Score:2.0060869458577%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 141.74kcal (7.09%), Fat: 6.1g (9.38%), Saturated Fat: 1.39g (8.7%), Carbohydrates: 22.25g (7.42%), Net Carbohydrates: 21.66g (7.88%), Sugar: 21.54g (23.93%), Cholesterol: 4.84mg (1.61%), Sodium: 18.86mg (0.82%), Alcohol: 0.02g (100%), Alcohol %: 0.06% (100%), Protein: 1.02g (2.04%), Manganese: 0.29mg (14.32%), Copper: 0.08mg (4.06%), Phosphorus: 30.71mg (3.07%), Calcium: 30.35mg (3.03%), Vitamin B1: 0.04mg (2.92%), Magnesium: 10.02mg (2.51%), Fiber: 0.59g (2.38%), Zinc: 0.33mg (2.23%), Vitamin B2: 0.03mg (1.79%), Potassium: 59.7mg (1.71%), Iron: 0.25mg (1.4%), Vitamin B5: 0.11mg (1.1%), Vitamin A: 53.51IU (1.07%), Vitamin B6: 0.02mg (1.04%)