

# Caramel Pecan Sauce

*What's Cooking II*  
*North American Institute of Modern Cuisine*

## Yield: 2 cups

*1/3 cup butter*  
*2/3 cup pecans, chopped*  
*1 1/4 cups brown sugar*  
*1 1/4 cups heavy cream*

In a saucepan over moderate heat, melt the butter. While stirring, roast the pecans around 7 minutes or until they turn a light golden brown.

Stir in the brown sugar and cream. Over low heat, simmer for 3 minutes or so, stirring constantly. Remove from the heat.

Let cool slightly and serve.

---

Per Serving (excluding unknown items): 2719 Calories; 219g Fat (70.1% calories from fat); 12g Protein; 198g Carbohydrate; 5g Dietary Fiber; 572mg Cholesterol; 801mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 Non-Fat Milk; 43 1/2 Fat; 11 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	2719	Vitamin B6 (mg):	.2mg
% Calories from Fat:	70.1%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	28.1%	Thiamin B1 (mg):	.7mg
% Calories from Protein:	1.7%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	219g	Folacin (mcg):	43mcg
Saturated Fat (g):	110g	Niacin (mg):	1mg
Monounsaturated Fat (g):	79g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	18g	Alcohol (kcal):	0
Cholesterol (mg):	572mg	% Refuse:	n n%
Carbohydrate (g):	198g	<b>Food Exchanges</b>	
Dietary Fiber (g):	5g	Grain (Starch):	1
Protein (g):	12g	Lean Meat:	1/2
Sodium (mg):	801mg	Vegetable:	0
Potassium (mg):	1150mg	Fruit:	0

**Calcium (mg):** 390mg  
**Iron (mg):** 5mg  
**Zinc (mg):** 5mg  
**Vitamin C (mg):** 3mg  
**Vitamin A (i.u.):** 6753IU  
**Vitamin A (r.e.):** 1828 1/2RE

**Non-Fat Milk:** 1  
**Fat:** 43 1/2  
**Other Carbohydrates:** 11 1/2

---

## Nutrition Facts

---

### Amount Per Serving

**Calories** 2719                      **Calories from Fat:** 1907

---

### % Daily Values\*

<b>Total Fat</b> 219g	337%
Saturated Fat 110g	551%
<b>Cholesterol</b> 572mg	191%
<b>Sodium</b> 801mg	33%
<b>Total Carbohydrates</b> 198g	66%
Dietary Fiber 5g	22%
<b>Protein</b> 12g	

---

<b>Vitamin A</b>	135%
<b>Vitamin C</b>	5%
<b>Calcium</b>	39%
<b>Iron</b>	29%

---

\* Percent Daily Values are based on a 2000 calorie diet.