

Apricot Pecan Bars

READY IN



35 min.

SERVINGS



18

CALORIES



291 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 ounces apricot preserves
- 0.5 cup brown sugar packed
- 0.5 cup butter cubed
- 1 cup coconut flakes flaked
- 0.8 cup powdered sugar
- 0.8 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 1.5 cups pecans divided chopped

8 ounces regular crescent rolls refrigerated

Equipment

bowl

oven

wire rack

baking pan

Directions

Unroll crescent dough into a rectangle; press into a greased 13-in. x 9-in. baking pan.

Sprinkle with 1 cup pecans, confectioners' sugar, cinnamon and nutmeg. Spoon preserves over the top.

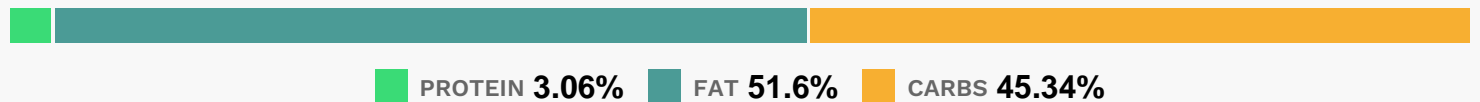
In a large bowl, combine the flour and brown sugar; cut in butter.

Add the coconut and remaining pecans.

Sprinkle over preserves.

Bake at 375° for 25–30 minutes or until golden brown. Cool on a wire rack before cutting.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:2.92, Inflammation Score:-2, Nutrition Score:4.4252173615539%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 290.89kcal (14.54%), Fat: 17.51g (26.94%), Saturated Fat: 7.66g (47.85%), Carbohydrates: 34.61g (11.54%), Net Carbohydrates: 32.74g (11.9%), Sugar: 21.01g (23.35%), Cholesterol: 13.56mg (4.52%), Sodium: 150.69mg (6.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.67%), Manganese: 0.6mg (29.8%), Copper: 0.18mg (8.83%), Fiber: 1.87g (7.5%), Vitamin B1: 0.1mg (6.94%), Iron: 0.93mg (5.18%), Selenium: 3.53µg (5.04%), Magnesium: 17.9mg (4.48%), Phosphorus: 42.93mg (4.29%), Vitamin A: 201.6IU (4.03%), Zinc: 0.56mg (3.76%), Folate: 12.42µg (3.1%), Vitamin B2: 0.05mg (2.91%), Potassium: 93.09mg (2.66%), Vitamin B3: 0.46mg (2.3%), Vitamin C: 1.84mg (2.23%), Vitamin E: 0.32mg (2.15%), Vitamin B6: 0.04mg (2.11%), Calcium: 19.39mg (1.94%), Vitamin B5: 0.16mg (1.58%)