



Apricot Pecan Crumb Bars

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



240 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup apricot preserves
- 2 cups flour
- 0.5 cup granulated sugar
- 0.3 teaspoon ground cinnamon
- 0.5 cup pecan halves
- 0.3 teaspoon salt
- 1 cup butter unsalted cold cubed

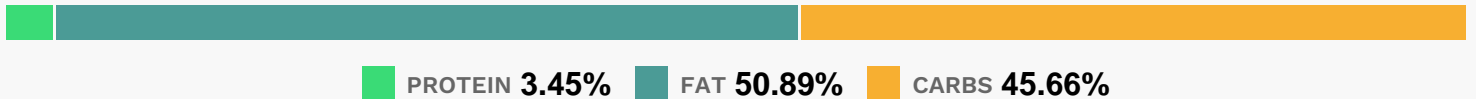
Equipment

- bowl
- oven
- baking pan
- stand mixer

Directions

- Preheat oven to 32
- Put flour, butter, granulated sugar, and salt in the bowl of a stand mixer.
- Mix on low speed until blended, then increase to medium and mix until dough is no longer crumbly and just comes together.
- Reserve 1 cup dough. Press remaining dough into bottom of a greased 9- by 9-in. baking pan.
- Spread apricot preserves over dough. In a small bowl, combine reserved dough with cinnamon and pecan halves and evenly crumble mixture over preserves.
- Bake until golden brown and bubbling, about 50 minutes.
- Let cool completely, then cut into 16 squares.

Nutrition Facts



Properties

Glycemic Index:10.01, Glycemic Load:13, Inflammation Score:-3, Nutrition Score:3.7621739001378%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 239.9kcal (12%), Fat: 13.94g (21.44%), Saturated Fat: 7.5g (46.91%), Carbohydrates: 28.13g (9.38%), Net Carbohydrates: 27.35g (9.95%), Sugar: 12.83g (14.25%), Cholesterol: 30.5mg (10.17%), Sodium: 44.19mg (1.92%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.25%), Manganese: 0.26mg (12.9%), Vitamin B1: 0.14mg (9.59%), Selenium: 5.89µg (8.42%), Vitamin A: 386.68IU (7.73%), Folate: 29.85µg (7.46%), Vitamin B2: 0.09mg (5.32%), Iron: 0.88mg (4.91%), Vitamin B3: 0.97mg (4.85%), Copper: 0.08mg (3.86%), Fiber: 0.78g (3.12%), Phosphorus: 29.31mg (2.93%), Vitamin E: 0.4mg (2.68%), Magnesium: 8.08mg (2.02%), Zinc: 0.27mg (1.82%), Vitamin C: 1.34mg (1.62%), Vitamin D: 0.21µg (1.42%), Potassium: 44.46mg (1.27%), Vitamin B5: 0.11mg (1.14%), Calcium: 11.27mg (1.13%), Vitamin K: 1.16µg (1.1%)