



Best Ever Pecan Pie Bars

READY IN



60 min.

SERVINGS



24

CALORIES



255 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 0.5 cup confectioners' sugar
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup pecans chopped
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 8 ounce toffee baking bits heath® such as

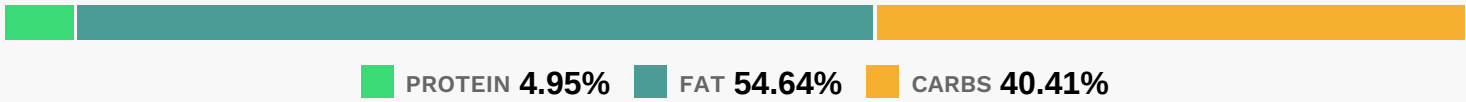
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix flour, confectioners' sugar, and butter together in a bowl; press into a 9x13-inch baking pan.
- ☐ Bake in the preheated oven until lightly browned, about 15 minutes.
- ☐ Stir sweetened condensed milk, toffee baking bits, pecans, and egg together in a bowl; pour over hot crust.
- ☐ Bake in the oven until browned and bubbling, about 25 more minutes. Cool before serving.

Nutrition Facts



Properties

Glycemic Index:10.29, Glycemic Load:14.38, Inflammation Score:-3, Nutrition Score:4.4326086756976%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 255.47kcal (12.77%), Fat: 15.75g (24.23%), Saturated Fat: 8.07g (50.42%), Carbohydrates: 26.21g (8.74%), Net Carbohydrates: 25.49g (9.27%), Sugar: 17.66g (19.62%), Cholesterol: 42.61mg (14.2%), Sodium: 97.44mg (4.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.43%), Manganese: 0.28mg (13.86%), Selenium: 6.9µg (9.86%), Vitamin B1: 0.13mg (8.57%), Vitamin B2: 0.14mg (8.51%), Vitamin A: 401.82IU (8.04%), Phosphorus: 74.59mg (7.46%), Calcium: 58.24mg (5.82%), Folate: 23.22µg (5.8%), Iron: 0.67mg (3.71%), Copper: 0.07mg (3.69%), Vitamin B3: 0.71mg (3.55%), Magnesium: 12.87mg (3.22%), Zinc: 0.48mg (3.19%), Potassium: 100.79mg (2.88%), Fiber: 0.72g (2.87%), Vitamin E: 0.42mg (2.83%), Vitamin B5: 0.26mg (2.6%), Vitamin B12: 0.12µg (1.93%),

Vitamin B6: 0.03mg (1.34%), Vitamin K: 1.22µg (1.16%)