



Brown Butter Pear Sugar Cookie Bars

READY IN



140 min.

SERVINGS



12

CALORIES



434 kcal

DESSERT

Ingredients

- ☐ 2 anjou pear peeled thinly sliced
- ☐ 1 eggs
- ☐ 3 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1 pouch sugar cookie mix
- ☐ 0.5 cup butter unsalted softened

- ☐ 0.8 cup butter unsalted
- ☐ 1.5 teaspoons vanilla

Equipment

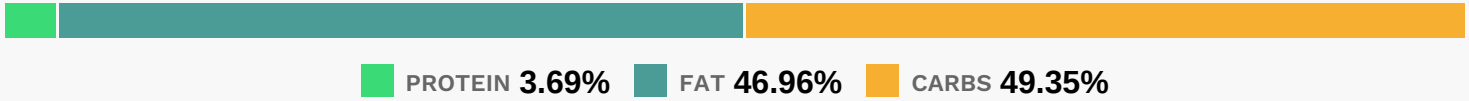
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ toothpicks
- ☐ measuring cup
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350F. Lightly spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ In large bowl, stir together cookie mix and 1 tablespoon flour.
- ☐ Add 1/2 cup softened butter and 1 egg; stir until a soft dough forms. Gently press dough evenly in bottom of baking dish.
- ☐ Bake 10 to 15 minutes or just until dough is set and light golden brown on edges. Set aside to cool.
- ☐ Meanwhile, in 1-quart saucepan, melt 3/4 cup butter over medium heat. Once melted, cook butter about 5 minutes, stirring constantly, until butter turns a deep golden brown. (Be careful because this happens quickly!)
- ☐ Remove saucepan from heat; immediately pour butter into glass measuring cup. Set aside to cool slightly.
- ☐ While butter is cooling, place sliced pears in single layer over cooled cookie crust.
- ☐ In large bowl, beat remaining Topping ingredients with whisk until well blended. Gradually add brown butter, beating until smooth.

- ☐ Pour mixture evenly over pears.
- ☐ Bake 40 to 45 minutes or until deep golden brown and toothpick inserted in center comes out clean. Cool completely on cooling rack, about 1 hour. With sharp knife, cut into 4 rows by 3 rows.

Nutrition Facts



Properties

Glycemic Index:21.4, Glycemic Load:12.31, Inflammation Score:-4, Nutrition Score:3.7865217353987%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 434.3kcal (21.72%), Fat: 22.93g (35.27%), Saturated Fat: 12.62g (78.86%), Carbohydrates: 54.2g (18.07%), Net Carbohydrates: 53.17g (19.34%), Sugar: 34.69g (38.54%), Cholesterol: 105.4mg (35.13%), Sodium: 238.96mg (10.39%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 4.05g (8.11%), Vitamin A: 677.53IU (13.55%), Selenium: 6.23µg (8.9%), Vitamin B2: 0.12mg (7.05%), Folate: 23.79µg (5.95%), Vitamin E: 0.74mg (4.94%), Vitamin B1: 0.07mg (4.51%), Vitamin D: 0.65µg (4.32%), Phosphorus: 42.73mg (4.27%), Fiber: 1.03g (4.12%), Iron: 0.66mg (3.67%), Vitamin K: 3.02µg (2.87%), Vitamin B12: 0.17µg (2.85%), Vitamin B5: 0.28mg (2.84%), Manganese: 0.05mg (2.46%), Vitamin B3: 0.48mg (2.39%), Copper: 0.05mg (2.29%), Potassium: 65.72mg (1.88%), Zinc: 0.27mg (1.81%), Vitamin B6: 0.04mg (1.81%), Calcium: 17.41mg (1.74%), Vitamin C: 1.28mg (1.55%), Magnesium: 5.27mg (1.32%)