



Brown Sugar Bars

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup firmly brown sugar light packed
- ☐ 0.8 cup butter melted
- ☐ 1 large eggs lightly beaten
- ☐ 0.7 cup flour all-purpose
- ☐ 0.5 cup pecans chopped
- ☐ 16 servings powdered sugar
- ☐ 0.5 teaspoon salt

☐

1 teaspoon vanilla extract

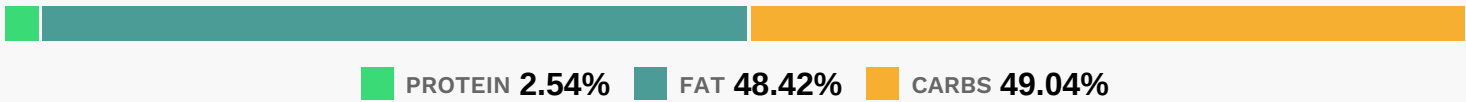
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Stir together butter and brown sugar.
- ☐ Add egg, stirring until blended.
- ☐ Combine flour, baking powder, and salt; add to egg mixture, stirring well. Stir in vanilla and pecans.
- ☐ Pour mixture into a greased and floured 8-inch pan.
- ☐ Bake at 350 for 30 to 35 minutes or until set. Cool on a wire rack.
- ☐ Cut into squares, and sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:14.19, Glycemic Load:2.96, Inflammation Score:-2, Nutrition Score:2.5099999679495%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 207.48kcal (10.37%), Fat: 11.43g (17.59%), Saturated Fat: 5.79g (36.16%), Carbohydrates: 26.05g (8.68%), Net Carbohydrates: 25.58g (9.3%), Sugar: 21.36g (23.73%), Cholesterol: 34.5mg (11.5%), Sodium: 176.16mg (7.66%), Alcohol: 0.09g (100%), Alcohol %: 0.24% (100%), Protein: 1.35g (2.7%), Manganese: 0.2mg (9.98%), Vitamin A:

284.69IU (5.69%), Selenium: 3.17µg (4.54%), Vitamin B1: 0.07mg (4.35%), Calcium: 33.72mg (3.37%), Folate: 12.21µg (3.05%), Phosphorus: 29.84mg (2.98%), Vitamin B2: 0.05mg (2.93%), Copper: 0.06mg (2.9%), Iron: 0.52mg (2.86%), Vitamin E: 0.33mg (2.2%), Fiber: 0.47g (1.87%), Vitamin B3: 0.37mg (1.85%), Magnesium: 7.19mg (1.8%), Zinc: 0.25mg (1.64%), Vitamin B5: 0.13mg (1.3%), Potassium: 45.29mg (1.29%), Vitamin B6: 0.02mg (1.04%)