



Brown Sugar Brickle Bars

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



242 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 ounce almond brickle chips (see Note)
- 2.5 teaspoons double-acting baking powder
- 0.8 cup butter
- 3 large eggs
- 2.5 cups flour all-purpose
- 16 ounce brown sugar light
- 1 cup pecans chopped
- 0.5 teaspoon salt

2 teaspoons vanilla extract

Equipment

frying pan

sauce pan

oven

wire rack

Directions

Cook brown sugar and butter in a saucepan over medium heat until butter melts and mixture is smooth.

Remove from heat; cool slightly.

Add eggs, 1 at a time, beating after each addition.

Combine flour, baking powder, and salt; add to sugar mixture, stirring well. Stir in brickle chips, pecans, and vanilla.

Pour batter into a greased 13" x 9" pan.

Bake at 350 for 30 to 32 minutes. Cool in pan on a wire rack.

Cut into bars.

Note: Find almond brickle chips next to chocolate morsels on the baking aisle.

Nutrition Facts



PROTEIN 4.81% **FAT 41.82%** **CARBS 53.37%**

Properties

Glycemic Index:10.06, Glycemic Load:9.26, Inflammation Score:-3, Nutrition Score:4.7591303748929%

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: 242.43kcal (12.12%), Fat: 11.47g (17.64%), Saturated Fat: 2.22g (13.86%), Carbohydrates: 32.94g (10.98%), Net Carbohydrates: 31.62g (11.5%), Sugar: 18.61g (20.68%), Cholesterol: 23.25mg (7.75%), Sodium: 231.85mg (10.08%), Alcohol: 0.1g (100%), Alcohol %: 0.23% (100%), Protein: 2.97g (5.94%), Manganese: 0.33mg (16.74%), Selenium: 6.79µg (9.7%), Vitamin B1: 0.14mg (9.61%), Folate: 30.62µg (7.66%), Iron: 1.17mg (6.47%), Vitamin B2: 0.11mg (6.2%), Phosphorus: 59.65mg (5.97%), Vitamin A: 290.04IU (5.8%), Vitamin B3: 1.12mg (5.58%), Fiber: 1.32g (5.28%), Calcium: 52.06mg (5.21%), Copper: 0.09mg (4.54%), Potassium: 120.67mg (3.45%), Magnesium: 13.3mg (3.33%), Vitamin B5: 0.29mg (2.87%), Zinc: 0.42mg (2.82%), Vitamin B6: 0.06mg (2.78%), Vitamin E: 0.36mg (2.38%), Vitamin B12: 0.06µg (1.05%)