



Butter Pecan Bars

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



527 kcal

SIDE DISH

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.8 cup butter softened
- ☐ 2 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 1 cup pecan halves
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

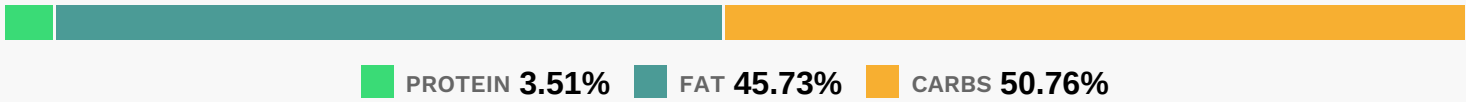
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease an 8x8 inch square baking pan.
- ☐ In a medium bowl, cream together the butter, brown sugar, and white sugar. Beat in the eggs and vanilla. Stir in the flour and pecans until just blended.
- ☐ Spread the mixture evenly into the prepared pan.
- ☐ Bake for 35 to 40 minutes in the preheated oven, or until edges begin to pull away from the sides of the pan. Allow bars to cool in the pan before cutting.

Nutrition Facts



Properties

Glycemic Index:25.64, Glycemic Load:28.29, Inflammation Score:-5, Nutrition Score:7.8491305495086%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg

Nutrients (% of daily need)

Calories: 527.11kcal (26.36%), Fat: 27.49g (42.29%), Saturated Fat: 12.08g (75.49%), Carbohydrates: 68.66g (22.89%), Net Carbohydrates: 66.94g (24.34%), Sugar: 52.29g (58.1%), Cholesterol: 86.67mg (28.89%), Sodium: 160.84mg (6.99%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 4.75g (9.51%), Manganese: 0.71mg (35.65%), Vitamin B1: 0.24mg (16.03%), Selenium: 11.16µg (15.94%), Vitamin A: 598.15IU (11.96%), Folate: 44.55µg (11.14%), Vitamin B2: 0.18mg (10.31%), Copper: 0.2mg (9.98%), Iron: 1.62mg (9.02%), Phosphorus: 83.39mg (8.34%), Fiber: 1.72g (6.86%), Vitamin B3: 1.35mg (6.74%), Magnesium: 23.55mg (5.89%), Zinc: 0.87mg (5.8%), Vitamin E: 0.79mg (5.29%), Calcium: 45.99mg (4.6%), Vitamin B5: 0.42mg (4.21%), Potassium: 129.74mg (3.71%), Vitamin B6: 0.07mg (3.27%), Vitamin B12: 0.13µg (2.23%), Vitamin K: 2.01µg (1.92%), Vitamin D: 0.22µg (1.47%)