



Butter Pecan Chews

 Dairy Free

READY IN



155 min.

SERVINGS



36

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups flour all-purpose
- 3 tablespoons granulated sugar
- 0.8 cup butter softened
- 3 eggs separated
- 2.5 cups brown sugar light packed
- 1 teaspoon vanilla
- 0.5 teaspoon salt
- 1 cup pecans chopped

- 0.8 cup coconut flakes flaked
- 2 tablespoons powdered sugar

Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer

Directions

- Heat oven to 375°F. Grease 13x9-inch pan with butter.
- In medium bowl, mix flour, granulated sugar and butter. Press mixture in bottom of pan.
- Bake 12 to 14 minutes or until light brown.
- Meanwhile, in large bowl, beat egg yolks, brown sugar, vanilla and salt with electric mixer. Stir in pecans and coconut. In small bowl, beat egg whites with electric mixer until foamy. Fold into egg yolk mixture.
- Remove partially baked crust from oven.
- Spread filling evenly over crust. Reduce oven temperature to 350°F.
- Bake 25 to 30 minutes or until deep golden brown and center is set.
- Sprinkle powdered sugar over bars. Cool on cooling rack.
- Cut into 6 rows by 6 rows.

Nutrition Facts



PROTEIN 3.68% **FAT 42.66%** **CARBS 53.66%**

Properties

Glycemic Index:4.31, Glycemic Load:3.59, Inflammation Score:-2, Nutrition Score:2.5065217516992%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 154.77kcal (7.74%), Fat: 7.53g (11.59%), Saturated Fat: 2.11g (13.21%), Carbohydrates: 21.32g (7.11%), Net Carbohydrates: 20.6g (7.49%), Sugar: 16.54g (18.38%), Cholesterol: 13.64mg (4.55%), Sodium: 87.17mg (3.79%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Protein: 1.46g (2.92%), Manganese: 0.23mg (11.58%), Selenium: 3.53µg (5.04%), Vitamin B1: 0.06mg (4.26%), Vitamin A: 190.66IU (3.81%), Copper: 0.07mg (3.4%), Folate: 12.28µg (3.07%), Iron: 0.55mg (3.06%), Vitamin B2: 0.05mg (2.96%), Fiber: 0.72g (2.88%), Phosphorus: 26.63mg (2.66%), Magnesium: 8.37mg (2.09%), Calcium: 19.56mg (1.96%), Vitamin B3: 0.37mg (1.87%), Zinc: 0.26mg (1.74%), Vitamin E: 0.24mg (1.59%), Potassium: 55.17mg (1.58%), Vitamin B5: 0.14mg (1.43%), Vitamin B6: 0.03mg (1.35%)