



Caramel-Pecan Bars

 Vegetarian

READY IN



135 min.

SERVINGS



24

CALORIES



302 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup firmly brown sugar packed
- 0.7 cup butter
- 0.8 cup butter cubed
- 2 cups flour all-purpose
- 0.5 cup honey
- 3.5 cups pecans coarsely chopped
- 0.7 cup powdered sugar
- 3 tablespoons whipping cream

Equipment

- food processor
- frying pan
- sauce pan
- oven
- wire rack
- aluminum foil
- cutting board

Directions

- Preheat oven to 35
- Line bottom and sides of a 13- x 9-inch pan with heavy-duty aluminum foil, allowing 2 to 3 inches to extend over sides. Lightly grease foil.
- Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until lightly toasted and fragrant, stirring halfway through.
- Pulse flour, powdered sugar, and 3/4 cup butter in a food processor 5 to 6 times or until mixture resembles coarse meal. Press mixture on bottom and 3/4 inch up sides of prepared pan.
- Bake at 350 for 20 minutes or until edges are lightly browned. Cool completely on a wire rack (about 15 minutes).
- Bring brown sugar and next 3 ingredients to a boil in a 3-qt. saucepan over medium-high heat. Stir in toasted pecans, and spoon hot filling into prepared crust.
- Bake at 350 for 25 to 30 minutes or until golden and bubbly. Cool completely on a wire rack (about 30 minutes). Lift baked bars from pan, using foil sides as handles.
- Transfer to a cutting board; cut into bars.

Nutrition Facts

 **PROTEIN 3.47%**  **FAT 66.15%**  **CARBS 30.38%**

Properties

Glycemic Index:9.89, Glycemic Load:8.86, Inflammation Score:-4, Nutrition Score:5.9256522104792%

Flavonoids

Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg Delphinidin: 1.16mg, Delphinidin: 1.16mg, Delphinidin: 1.16mg, Delphinidin: 1.16mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg

Nutrients (% of daily need)

Calories: 302.06kcal (15.1%), Fat: 23.09g (35.52%), Saturated Fat: 8.32g (51.98%), Carbohydrates: 23.86g (7.95%), Net Carbohydrates: 22.04g (8.01%), Sugar: 14.23g (15.81%), Cholesterol: 30.93mg (10.31%), Sodium: 88.5mg (3.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.46%), Manganese: 0.8mg (39.75%), Vitamin B1: 0.19mg (12.52%), Copper: 0.21mg (10.54%), Vitamin A: 371.31IU (7.43%), Fiber: 1.82g (7.29%), Selenium: 4.46µg (6.37%), Phosphorus: 60.05mg (6.01%), Folate: 23.22µg (5.81%), Magnesium: 22.48mg (5.62%), Zinc: 0.83mg (5.51%), Iron: 0.95mg (5.3%), Vitamin B2: 0.08mg (4.91%), Vitamin B3: 0.82mg (4.11%), Vitamin E: 0.56mg (3.71%), Potassium: 91.15mg (2.6%), Calcium: 21.4mg (2.14%), Vitamin B5: 0.21mg (2.13%), Vitamin B6: 0.04mg (2.13%), Vitamin K: 1.59µg (1.51%)