



Caramel-Pecan Bars

 Vegetarian

READY IN



25 min.

SERVINGS



12

CALORIES



604 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup 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

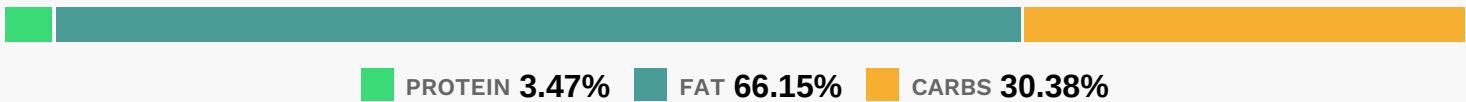
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Arrange pecans in a single layer on a baking sheet.
- ☐ Bake at 350 for 5 to 7 minutes or until lightly toasted. Cool on a wire rack 15 minutes or until completely cool.
- ☐ Pulse flour, powdered sugar, and 3/4 cup butter in a food processor 5 to 6 times or until mixture resembles coarse meal. Press crumb mixture evenly on bottom and 3/4 inch up sides of a lightly greased heavy-duty aluminum foil-lined 13- x 9-inch pan.
- ☐ Bake at 350 for 20 minutes or until edges are lightly browned. Cool on a wire rack 15 minutes or until completely cool.
- ☐ Bring brown sugar, honey, 2/3 cup butter, and whipping cream 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 on a wire rack 30 minutes or until completely cool. When completely cool, using the aluminum foil as handles, carefully lift the tart from the pan, and transfer to a serving tray.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:19.77, Glycemic Load:17.72, Inflammation Score:-6, Nutrition Score:11.850434939498%

Flavonoids

Cyanidin: 3.41mg, Cyanidin: 3.41mg, Cyanidin: 3.41mg, Cyanidin: 3.41mg Delphinidin: 2.31mg, Delphinidin: 2.31mg, Delphinidin: 2.31mg, Delphinidin: 2.31mg Catechin: 2.3mg, Catechin: 2.3mg, Catechin: 2.3mg, Catechin: 2.3mg Epigallocatechin: 1.79mg, Epigallocatechin: 1.79mg, Epigallocatechin: 1.79mg, Epigallocatechin: 1.79mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3–gallate: 0.73mg, Epigallocatechin 3–gallate: 0.73mg, Epigallocatechin 3–gallate: 0.73mg, Epigallocatechin 3–gallate: 0.73mg

Nutrients (% of daily need)

Calories: 604.12kcal (30.21%), Fat: 46.18g (71.05%), Saturated Fat: 16.63g (103.96%), Carbohydrates: 47.72g (15.91%), Net Carbohydrates: 44.08g (16.03%), Sugar: 28.45g (31.61%), Cholesterol: 61.85mg (20.62%), Sodium: 177.01mg (7.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.91%), Manganese: 1.59mg (79.51%), Vitamin B1: 0.38mg (25.03%), Copper: 0.42mg (21.09%), Vitamin A: 742.63IU (14.85%), Fiber: 3.64g (14.57%), Selenium: 8.91µg (12.73%), Phosphorus: 120.1mg (12.01%), Folate: 46.45µg (11.61%), Magnesium: 44.96mg (11.24%), Zinc: 1.65mg (11.02%), Iron: 1.91mg (10.6%), Vitamin B2: 0.17mg (9.83%), Vitamin B3: 1.64mg (8.21%), Vitamin E: 1.11mg (7.43%), Potassium: 182.3mg (5.21%), Calcium: 42.81mg (4.28%), Vitamin B5: 0.43mg (4.26%), Vitamin B6: 0.09mg (4.26%), Vitamin K: 3.17µg (3.02%)