



Chewy Caramel Pecan Bars

 Vegetarian

READY IN



300 min.

SERVINGS



8

CALORIES



663 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup plus light
- ☐ 1.3 cups brown sugar dark packed
- ☐ 2 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup heavy cream
- ☐ 2.3 cups pecans toasted

- ☐ 0.5 teaspoon salt
- ☐ 1 stick butter unsalted softened
- ☐ 1.5 tablespoons vanilla
- ☐ 0.3 cup water

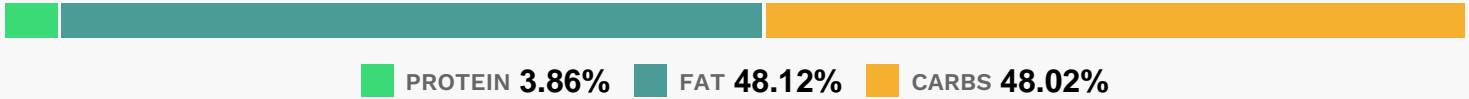
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350°F and butter and flour a 13- by 9- by 2-inch baking pan, knocking out excess.
- ☐ Beat together butter and brown sugar in a large bowl with an electric mixer until light and fluffy. Beat in 1 tablespoon vanilla and eggs. Sift in flour with salt and baking powder and beat until just blended.
- ☐ Spoon batter into pan, spreading it evenly, and bake in middle of oven until it pulls away slightly from sides of pan and a toothpick inserted in center comes out with crumbs adhering, 20 to 30 minutes. Cool base completely in pan on a rack.
- ☐ Bring granulated sugar, corn syrup, a pinch of salt, and water to a boil in a 2-quart heavy saucepan over moderate heat, stirring constantly until sugar is dissolved. Continue to boil mixture, without stirring, until it turns a golden caramel.
- ☐ Remove pan from heat and carefully add cream and remaining 1/2 tablespoon vanilla (mixture will bubble up and steam). Return pan to moderate heat and cook, stirring until smooth. Stir in pecans and immediately pour mixture over base, tilting baking pan and spreading evenly.
- ☐ Cool mixture completely in pan on rack and cut into bars.
- ☐ · Bars can be made 2 days ahead and kept, covered, at cool room temperature.

Nutrition Facts



Properties

Glycemic Index:33.26, Glycemic Load:22.8, Inflammation Score:-5, Nutrition Score:12.161739191283%

Flavonoids

Cyanidin: 2.99mg, Cyanidin: 2.99mg, Cyanidin: 2.99mg, Cyanidin: 2.99mg Delphinidin: 2.03mg, Delphinidin: 2.03mg, Delphinidin: 2.03mg, Delphinidin: 2.03mg Catechin: 2.02mg, Catechin: 2.02mg, Catechin: 2.02mg, Catechin: 2.02mg Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg

Nutrients (% of daily need)

Calories: 662.58kcal (33.13%), Fat: 36.55g (56.23%), Saturated Fat: 11.68g (72.99%), Carbohydrates: 82.07g (27.36%), Net Carbohydrates: 78.87g (28.68%), Sugar: 64g (71.11%), Cholesterol: 88.07mg (29.36%), Sodium: 217.77mg (9.47%), Alcohol: 0.84g (100%), Alcohol %: 0.65% (100%), Protein: 6.59g (13.18%), Manganese: 1.42mg (70.94%), Vitamin B1: 0.36mg (23.84%), Copper: 0.39mg (19.74%), Selenium: 12.59µg (17.99%), Phosphorus: 139.11mg (13.91%), Vitamin B2: 0.22mg (12.82%), Fiber: 3.2g (12.8%), Folate: 48.91µg (12.23%), Iron: 2.12mg (11.8%), Vitamin A: 581.85IU (11.64%), Zinc: 1.71mg (11.37%), Magnesium: 44.21mg (11.05%), Calcium: 86.05mg (8.61%), Vitamin B3: 1.55mg (7.74%), Vitamin E: 0.95mg (6.34%), Potassium: 214.99mg (6.14%), Vitamin B5: 0.6mg (6.05%), Vitamin B6: 0.11mg (5.35%), Vitamin D: 0.62µg (4.14%), Vitamin B12: 0.15µg (2.52%), Vitamin K: 2.38µg (2.26%)