



Chewy Cinnamon Bars

 Vegetarian

READY IN



50 min.

SERVINGS



18

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter softened
- 18 servings powdered sugar
- 1 eggs
- 0.5 cup flour all-purpose
- 1.3 teaspoons ground cinnamon
- 1 cup pecans finely chopped
- 0.3 teaspoon salt
- 1 cup sugar

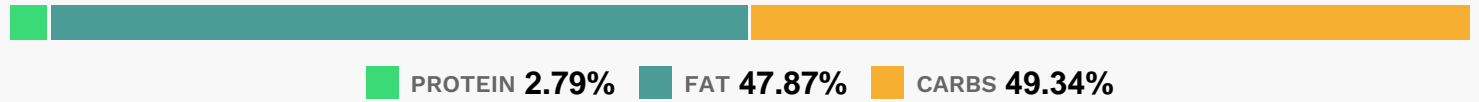
Equipment

- bowl
- oven
- baking pan
- toothpicks

Directions

- In a large bowl, cream butter and sugar.
- Add egg; beat well.
- Combine the flour, cinnamon and salt; add to creamed mixture and beat until smooth. Stir in pecans.
- Spread into a greased 8-in. square baking pan.
- Bake at 350° for 35–40 minutes or until a toothpick inserted near the center comes out clean.
- Cut into small bars while warm; roll in confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:9.7, Inflammation Score:-1, Nutrition Score:2.4904348046883%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 177.43kcal (8.87%), Fat: 9.78g (15.04%), Saturated Fat: 3.7g (23.11%), Carbohydrates: 22.68g (7.56%), Net Carbohydrates: 21.93g (7.97%), Sugar: 19.18g (21.31%), Cholesterol: 22.65mg (7.55%), Sodium: 76.67mg (3.33%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.56%), Manganese: 0.32mg (16.1%), Vitamin B1: 0.07mg (4.57%), Copper: 0.08mg (4.06%), Vitamin A: 174.58IU (3.49%), Selenium: 2.34µg (3.34%), Fiber: 0.75g (3%), Phosphorus: 26.97mg (2.7%), Vitamin B2: 0.04mg (2.47%), Zinc: 0.34mg (2.27%), Folate: 9.03µg (2.26%), Magnesium: 8.59mg (2.15%), Iron: 0.38mg (2.11%), Vitamin E: 0.26mg (1.75%), Vitamin B3: 0.28mg (1.41%), Vitamin B5: 0.11mg (1.12%)