



Chewy Pecan Diamonds

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.8 cups flour
- ☐ 0.5 cup plus light
- ☐ 0.3 cup cornstarch
- ☐ 1.3 cups brown sugar packed ()
- ☐ 14.5 ounces pecans coarsely chopped
- ☐ 0.3 cup powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup butter unsalted ()

- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup whipping cream

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven to 350°F. Line 13x9x2-inch baking pan with foil, leaving 1-inch overhang on all sides. Butter foil. Blend flour, powdered sugar, cornstarch and salt in processor.
- ☐ Add butter and process until mixture begins to clump together. Press dough evenly onto bottom of foil-lined pan.
- ☐ Bake crust until set and light golden, about 25 minutes.
- ☐ Remove from oven.
- ☐ Let stand while preparing topping. Reduce oven temperature to 325°F.
- ☐ Stir brown sugar, corn syrup and butter in heavy medium saucepan over medium-high heat until sugar dissolves and mixture boils; boil 1 minute.
- ☐ Add pecans and cream; boil until mixture thickens slightly, about 3 minutes. Stir in vanilla.
- ☐ Pour hot topping over warm crust.
- ☐ Bake nut-topped crust until caramel is darker and bubbles thickly, about 20 minutes.
- ☐ Transfer pan to rack. Cool completely in pan (topping will harden).
- ☐ Lift foil out of pan onto cutting board. Using heavy sharp knife, cut crust with nut topping into 1 1/2x1-inch diamonds. (Can be made 1 week ahead. Store between sheets of waxed paper in airtight container at room temperature.)

Nutrition Facts



PROTEIN 3.95% **FAT 53.33%** **CARBS 42.72%**

Properties

Glycemic Index:3.25, Glycemic Load:4.61, Inflammation Score:-2, Nutrition Score:4.3721738788097%

Flavonoids

Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg

Nutrients (% of daily need)

Calories: 196.13kcal (9.81%), Fat: 12.11g (18.63%), Saturated Fat: 2.57g (16.07%), Carbohydrates: 21.82g (7.27%), Net Carbohydrates: 20.4g (7.42%), Sugar: 14.32g (15.91%), Cholesterol: 8.02mg (2.67%), Sodium: 43.52mg (1.89%), Alcohol: 0.09g (100%), Alcohol %: 0.26% (100%), Protein: 2.02g (4.04%), Manganese: 0.63mg (31.58%), Vitamin B1: 0.14mg (9.5%), Copper: 0.17mg (8.48%), Fiber: 1.43g (5.71%), Phosphorus: 46.04mg (4.6%), Magnesium: 18.23mg (4.56%), Zinc: 0.67mg (4.45%), Selenium: 3.11µg (4.44%), Iron: 0.71mg (3.96%), Folate: 15.62µg (3.91%), Vitamin B2: 0.06mg (3.44%), Vitamin B3: 0.57mg (2.84%), Potassium: 75.86mg (2.17%), Vitamin A: 106.18IU (2.12%), Calcium: 20.81mg (2.08%), Vitamin B6: 0.03mg (1.75%), Vitamin E: 0.26mg (1.73%), Vitamin B5: 0.16mg (1.64%)