



Chocolate Chip-Pecan Pie Bars



Gluten Free



Dairy Free

READY IN



185 min.

SERVINGS



36

CALORIES



130 kcal

DESSERT

Ingredients

- ☐ 1 cup powdered sugar
- ☐ 0.3 cup butter firm
- ☐ 4 eggs beaten
- ☐ 1 cup corn syrup dark
- ☐ 0.3 cup butter cooled melted
- ☐ 1 teaspoon vanilla
- ☐ 6 oz semi chocolate chips
- ☐ 6 oz pecans chopped

☐ 1.5 cups frangelico

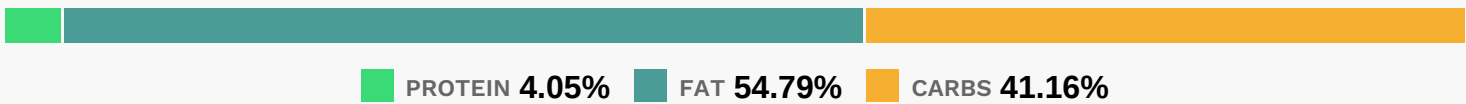
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Heat oven to 350°F. In medium bowl, mix Bisquick mix and powdered sugar.
- ☐ Cut in firm butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until crumbly. Press firmly in bottom of 13x9-inch pan.
- ☐ Bake 15 minutes; cool.
- ☐ In large bowl, beat eggs, corn syrup, melted butter and vanilla with spoon until smooth. Stir in chocolate chips and pecans.
- ☐ Pour over crust.
- ☐ Bake 25 to 30 minutes or until golden brown and set. Refrigerate at least 2 hours until chocolate is firm. For bars, cut into 6 rows by 6 rows.

Nutrition Facts



Properties

Glycemic Index:2.78, Glycemic Load:6.63, Inflammation Score:-2, Nutrition Score:2.527826078884%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 130.04kcal (6.5%), Fat: 8.22g (12.64%), Saturated Fat: 2.01g (12.58%), Carbohydrates: 13.89g (4.63%), Net Carbohydrates: 13.06g (4.75%), Sugar: 12.56g (13.96%), Cholesterol: 18.47mg (6.16%), Sodium: 51.9mg (2.26%), Alcohol: 0.04g (100%), Alcohol %: 0.16% (100%), Caffeine: 4.06mg (1.35%), Protein: 1.37g (2.73%), Manganese: 0.29mg (14.32%), Copper: 0.12mg (6.23%), Magnesium: 15.49mg (3.87%), Phosphorus: 36.83mg (3.68%), Selenium: 2.37µg (3.39%), Fiber: 0.83g (3.33%), Iron: 0.54mg (3%), Vitamin A: 144.18IU (2.88%), Zinc: 0.41mg (2.71%), Vitamin B1: 0.04mg (2.4%), Vitamin B2: 0.03mg (1.97%), Potassium: 58.63mg (1.68%), Vitamin E: 0.24mg (1.62%), Vitamin B5: 0.13mg (1.35%), Calcium: 11.67mg (1.17%), Vitamin B6: 0.02mg (1.05%)