



Chocolate-Dipped Pecan Wedges

READY IN



205 min.

SERVINGS



36

CALORIES



314 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups flour all-purpose
- 0.5 cup granulated sugar
- 0.3 teaspoon salt
- 0.8 cup butter cold cut into small pieces
- 1 eggs
- 1 cup brown sugar packed
- 0.5 cup granulated sugar
- 1 cup butter (do not use margarine)
- 0.5 cup honey

- 4 cups pecans coarsely chopped
- 0.3 cup whipping cream
- 1 teaspoon orange zest grated
- 12 oz semi chocolate chips (2 cups)
- 4 teaspoons shortening
- 1 serving kosher salt

Equipment

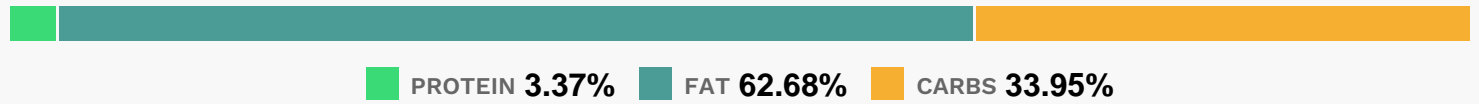
- food processor
- bowl
- frying pan
- sauce pan
- oven
- wire rack
- aluminum foil
- microwave

Directions

- Heat oven to 375°F. Line bottom and sides of 13x9-inch pan with foil; grease foil with shortening. In food processor, place flour, 1/2 cup granulated sugar, salt and 3/4 cup butter. Process until consistency of coarse crumbs.
- Add egg; process until dough forms a ball. Press in pan.
- Bake 15 minutes, until edges are lightly golden. Cool on cooling rack. Reduce oven temperature to 325°F. In 3-quart saucepan, cook brown sugar, 1/2 cup granulated sugar, 1 cup butter and honey over medium heat until butter melts. Increase heat to high; boil 1 minute.
- Remove from heat; stir in pecans, whipping cream and orange peel.
- Pour over crust.
- Bake 40 to 45 minutes or until filling is set at least 2 inches from edge of pan but center still jiggles slightly. Cool completely.

- Cut into 6 rows by 3 rows; cut each cookie in half diagonally. In small microwavable bowl, microwave chocolate chips and shortening 1 to 2 minutes or until smooth. Dip tip of each triangle into glaze.
- Sprinkle with salt.

Nutrition Facts



Properties

Glycemic Index:7.71, Glycemic Load:9.79, Inflammation Score:-4, Nutrition Score:6.106521771006%

Flavonoids

Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg Delphinidin: 0.88mg, Delphinidin: 0.88mg, Delphinidin: 0.88mg, Delphinidin: 0.88mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

Nutrients (% of daily need)

Calories: 314.21kcal (15.71%), Fat: 22.57g (34.72%), Saturated Fat: 5.24g (32.75%), Carbohydrates: 27.51g (9.17%), Net Carbohydrates: 25.39g (9.23%), Sugar: 19.36g (21.51%), Cholesterol: 6.98mg (2.33%), Sodium: 130.83mg (5.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.13mg (2.71%), Protein: 2.73g (5.46%), Manganese: 0.73mg (36.29%), Copper: 0.28mg (13.97%), Vitamin B1: 0.14mg (9.3%), Vitamin A: 437.35IU (8.75%), Magnesium: 34.06mg (8.52%), Fiber: 2.12g (8.49%), Iron: 1.32mg (7.31%), Phosphorus: 71.98mg (7.2%), Selenium: 4.18µg (5.97%), Zinc: 0.88mg (5.87%), Vitamin E: 0.63mg (4.22%), Vitamin B2: 0.07mg (4.14%), Folate: 16.3µg (4.07%), Potassium: 129.37mg (3.7%), Vitamin B3: 0.65mg (3.24%), Calcium: 25.98mg (2.6%), Vitamin B5: 0.21mg (2.11%), Vitamin B6: 0.04mg (1.95%), Vitamin K: 1.47µg (1.4%)