



Chocolate-Glazed Pecan Pie Bars

 Dairy Free

READY IN



250 min.

SERVINGS



36

CALORIES



141 kcal

DESSERT

Ingredients

- ☐ 0.7 cup granulated sugar
- ☐ 0.5 cup butter softened
- ☐ 1 teaspoon vanilla
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.7 cup brown sugar packed
- ☐ 0.5 cup plus
- ☐ 1 teaspoon vanilla

- ☐ 3 eggs
- ☐ 1 cup pecans
- ☐ 6 oz semi chocolate chips
- ☐ 2 teaspoons shortening

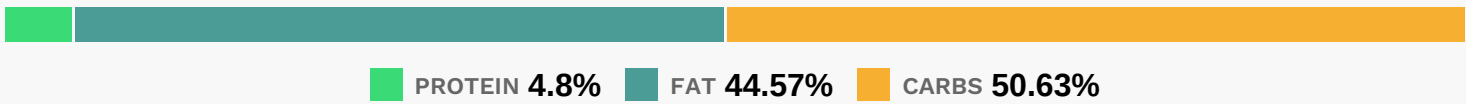
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch pan with cooking spray. In large bowl, mix granulated sugar, butter, 1 teaspoon vanilla and 1 egg. Stir in flour. Press dough in bottom and 1/2 inch up sides of pan (if necessary, use floured fingers).
- ☐ Bake 10 to 15 minutes or until edges are light brown.
- ☐ Meanwhile, in medium bowl, beat filling ingredients except pecans with spoon. Stir in pecans.
- ☐ Pour over crust.
- ☐ Bake 25 to 30 minutes or until set. While warm, loosen edges from sides of pan. cool completely, about 2 hours.
- ☐ For triangular bars, cut into 6 rows by 3 rows.
- ☐ Cut each bar in half diagonally. In small microwavable bowl, microwave chocolate chips and shortening uncovered on High 1 minute to 1 minute 30 seconds or until melted; stir until smooth. Dip 1 side of each bar into melted chocolate; lay flat to dry.

Nutrition Facts



Properties

Glycemic Index:4.84, Glycemic Load:6.16, Inflammation Score:-2, Nutrition Score:2.7695652314502%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg

Nutrients (% of daily need)

Calories: 141.18kcal (7.06%), Fat: 7.14g (10.98%), Saturated Fat: 1.97g (12.29%), Carbohydrates: 18.25g (6.08%), Net Carbohydrates: 17.47g (6.35%), Sugar: 13.19g (14.65%), Cholesterol: 18.47mg (6.16%), Sodium: 41.39mg (1.8%), Alcohol: 0.08g (100%), Alcohol %: 0.29% (100%), Caffeine: 4.06mg (1.35%), Protein: 1.73g (3.46%), Manganese: 0.23mg (11.33%), Selenium: 3.87µg (5.53%), Copper: 0.11mg (5.27%), Vitamin B1: 0.07mg (4.38%), Iron: 0.73mg (4.04%), Phosphorus: 36.11mg (3.61%), Magnesium: 13.91mg (3.48%), Vitamin B2: 0.06mg (3.3%), Folate: 12.51µg (3.13%), Fiber: 0.78g (3.13%), Vitamin A: 143.08IU (2.86%), Zinc: 0.37mg (2.48%), Vitamin B3: 0.39mg (1.95%), Potassium: 57.58mg (1.65%), Vitamin E: 0.24mg (1.57%), Vitamin B5: 0.15mg (1.46%), Calcium: 13.38mg (1.34%)