



Chocolate Pecan Pie Bars

READY IN



120 min.

SERVINGS



32

CALORIES



169 kcal

DESSERT

Ingredients

- 1.3 cups flour all-purpose
- 2 teaspoons granulated sugar
- 0.5 teaspoon salt
- 0.5 cup butter cold cut into pieces
- 2 tablespoons water cold
- 3 eggs
- 0.8 cup t brown sugar dark packed
- 0.7 cup plus light
- 1 teaspoon vanilla

- 2 tablespoons butter melted
- 3 tablespoons bourbon
- 0.3 teaspoon salt
- 2 cups cashew pieces coarsely chopped
- 0.8 cup semi chocolate chips

Equipment

- bowl
- frying pan
- oven
- whisk
- blender
- aluminum foil

Directions

- Heat oven to 375°F. Spray 13x9-inch pan with baking spray with flour; set aside.
- In medium bowl, mix flour, sugar and salt.
- Cut in butter, using pastry blender or fork, until particles are size of small peas.
- Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost leaves side of bowl (1 to 2 teaspoons more water can be added if necessary).
- Press dough into pan and 1/2-inch up sides.
- Bake 10 to 12 minutes or until light golden brown.
- In large bowl, mix eggs, brown sugar, corn syrup, vanilla, 2 tablespoons melted butter, bourbon, and 1/4 teaspoon salt with whisk until well blended. Stir in pecans and chocolate chips.
- Pour filling into partially baked crust.
- Bake 20 to 30 minutes or until golden brown and filling is set. During last 10 minutes of baking, cover loosely with foil if necessary to prevent excess browning. Cool 1 hour. For bars, cut into 8 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts

■ PROTEIN 6.55% ■ FAT 48.48% ■ CARBS 44.97%

Properties

Glycemic Index:9.51, Glycemic Load:4.45, Inflammation Score:-2, Nutrition Score:3.9778261024343%

Nutrients (% of daily need)

Calories: 168.66kcal (8.43%), Fat: 9.19g (14.14%), Saturated Fat: 3.97g (24.79%), Carbohydrates: 19.18g (6.39%), Net Carbohydrates: 18.45g (6.71%), Sugar: 12.78g (14.2%), Cholesterol: 25.11mg (8.37%), Sodium: 96.2mg (4.18%), Alcohol: 0.51g (100%), Alcohol %: 1.59% (100%), Caffeine: 3.63mg (1.21%), Protein: 2.8g (5.59%), Copper: 0.24mg (12.13%), Manganese: 0.23mg (11.39%), Magnesium: 33.19mg (8.3%), Phosphorus: 73.55mg (7.36%), Selenium: 5.04µg (7.2%), Iron: 1.14mg (6.35%), Vitamin B1: 0.08mg (5.33%), Zinc: 0.7mg (4.69%), Folate: 13.07µg (3.27%), Vitamin K: 3.39µg (3.23%), Vitamin B2: 0.05mg (3.03%), Fiber: 0.74g (2.94%), Potassium: 96.27mg (2.75%), Vitamin A: 134.89IU (2.7%), Vitamin B6: 0.05mg (2.33%), Vitamin B3: 0.42mg (2.1%), Vitamin B5: 0.18mg (1.79%), Vitamin E: 0.25mg (1.64%), Calcium: 14.98mg (1.5%)