



Classic Chocolate Pecan Pie Bars

 Dairy Free

READY IN



135 min.

SERVINGS



48

CALORIES



112 kcal

DESSERT

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 1 cup pecans chopped
- ☐ 0.8 cup granulated sugar
- ☐ 0.8 cup plus
- ☐ 2 tablespoons butter melted
- ☐ 1 tablespoon bourbon

- ☐ 0.5 teaspoon vanilla
- ☐ 3 eggs beaten
- ☐ 6 ounces semi chocolate chips (1 cup)

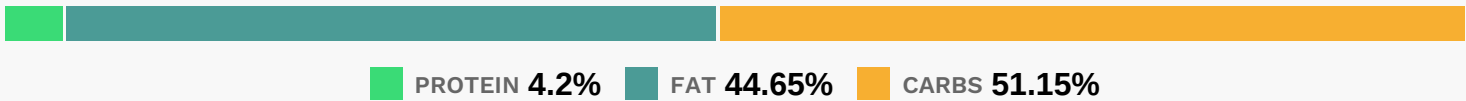
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 350° (if using dark or nonstick pan, heat oven to 325°). Beat flour, brown sugar and butter in large bowl with electric mixer on medium speed, or mix with spoon. Press mixture on bottom and 1/2 inch up sides of ungreased rectangular pan, 13x9x2 inches.
- ☐ Bake 15 to 20 minutes or until golden brown.
- ☐ Stir remaining ingredients in medium bowl until well mixed.
- ☐ Pour over partially baked crust.
- ☐ Bake 30 to 35 minutes or until set. Cool about 15 minutes. Refrigerate at least 1 hour until firm. For bars, cut into 8 rows by 6 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.94, Glycemic Load:5.13, Inflammation Score:-1, Nutrition Score:2.0560869603701%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate:

0.05mg

Nutrients (% of daily need)

Calories: 112.22kcal (5.61%), Fat: 5.69g (8.75%), Saturated Fat: 1.51g (9.41%), Carbohydrates: 14.66g (4.89%), Net Carbohydrates: 14.05g (5.11%), Sugar: 10.85g (12.06%), Cholesterol: 10.44mg (3.48%), Sodium: 36.12mg (1.57%), Alcohol: 0.12g (100%), Alcohol %: 0.57% (100%), Caffeine: 3.05mg (1.02%), Protein: 1.2g (2.41%), Manganese: 0.18mg (8.91%), Copper: 0.08mg (4.02%), Selenium: 2.64µg (3.77%), Vitamin B1: 0.05mg (3.42%), Iron: 0.53mg (2.94%), Magnesium: 10.53mg (2.63%), Phosphorus: 25.95mg (2.6%), Vitamin A: 123.34IU (2.47%), Fiber: 0.61g (2.43%), Folate: 8.99µg (2.25%), Vitamin B2: 0.04mg (2.25%), Zinc: 0.28mg (1.89%), Vitamin B3: 0.29mg (1.46%), Potassium: 41.85mg (1.2%), Vitamin E: 0.18mg (1.17%)