



HEALTH SCORE

63%

Coconut-Pecan-Lemon Bars



Vegetarian



Very Healthy

READY IN



20 min.

SERVINGS



1

CALORIES



5178 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup butter cold cut into pieces
- ☐ 1 serving garnish: coconut toasted
- ☐ 4 large eggs
- ☐ 2.3 cups flour all-purpose divided
- ☐ 1.3 cups granulated sugar
- ☐ 0.5 cup juice of lemon fresh
- ☐ 2 teaspoons lemon zest

- ☐ 1 cup pecans chopped
- ☐ 0.5 cup powdered sugar
- ☐ 1 serving powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup coconut or sweetened flaked

Equipment

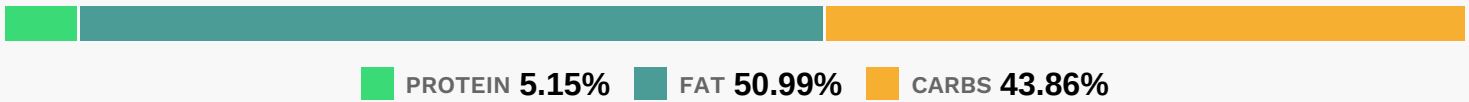
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350
- ☐ Place pecans in a single layer on a baking sheet, and bake 8 to 10 minutes or until toasted and fragrant, stirring after 5 minutes.
- ☐ Line bottom and sides of a 13- x 9-inch pan with heavy-duty aluminum foil, allowing 2 to 3 inches to extend over sides; lightly grease foil.
- ☐ Pulse 2 cups flour, toasted pecans, 1/2 cup powdered sugar, and 1 cup butter in a food processor 5 to 6 times or until mixture is crumbly. Press mixture onto bottom of prepared pan.
- ☐ Bake at 350 on an oven rack one-third up from bottom of oven 25 minutes or just until golden brown.
- ☐ Whisk together eggs and next 3 ingredients in a large bowl until blended.
- ☐ Combine baking powder, salt, and remaining 1/4 cup flour; whisk into egg mixture until blended.

- ☐
- Pour lemon mixture into prepared crust.
- ☐
- Bake at 350 on middle oven rack 30 to 35 minutes or until filling is set.
- ☐
- Let cool in pan on a wire rack 30 minutes. Lift from pan onto wire rack, using foil sides as handles, and let cool 30 minutes or until completely cool.
- ☐
- Remove foil, and cut into 24 (2-inch) squares; sprinkle with powdered sugar.
- ☐
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:307.09, Glycemic Load:331.41, Inflammation Score:-10, Nutrition Score:70.523043342259%

Flavonoids

Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg Eriodictyol: 5.95mg, Eriodictyol: 5.95mg, Eriodictyol: 5.95mg, Eriodictyol: 5.95mg Hesperetin: 17.65mg, Hesperetin: 17.65mg, Hesperetin: 17.65mg, Hesperetin: 17.65mg Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 5177.59kcal (258.88%), Fat: 300.71g (462.63%), Saturated Fat: 144.35g (902.19%), Carbohydrates: 581.91g (193.97%), Net Carbohydrates: 557.95g (202.89%), Sugar: 341.47g (379.41%), Cholesterol: 1232.05mg (410.68%), Sodium: 2883.05mg (125.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 68.33g (136.66%), Manganese: 7.47mg (373.3%), Selenium: 173.08µg (247.25%), Vitamin B1: 3.06mg (204.21%), Folate: 668.27µg (167.07%), Vitamin B2: 2.61mg (153.68%), Vitamin A: 6823.09IU (136.46%), Phosphorus: 1207.84mg (120.78%), Iron: 20.98mg (116.55%), Copper: 2.07mg (103.61%), Fiber: 23.96g (95.85%), Vitamin B3: 18.6mg (93.01%), Zinc: 10.21mg (68.05%), Vitamin C: 53.9mg (65.34%), Magnesium: 256.2mg (64.05%), Vitamin E: 9.28mg (61.85%), Vitamin B5: 5.75mg (57.5%), Calcium: 542.3mg (54.23%), Potassium: 1406.68mg (40.19%), Vitamin B6: 0.78mg (39.03%), Vitamin B12: 2.17µg (36.1%), Vitamin D: 4µg (26.67%), Vitamin K: 21.17µg (20.16%)