

## Dream Bars

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 cup cream of coconut
- ☐ 0.8 cup t brown sugar dark packed
- ☐ 2 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 cup pecans toasted coarsely chopped
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups coconut shredded sweetened

- ☐ 10 tablespoons butter unsalted chilled cut into ½-inch pieces and ()
- ☐ 1 teaspoon vanilla extract pure

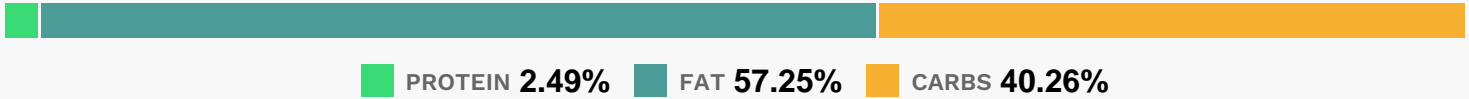
## Equipment

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

## Directions

- ☐ For the crust: Adjust oven rack to middle position and heat oven to 350°F. Line 13- by 9-inch baking pan with heavy-duty foil lengthwise with one sheet, then crosswise with a second sheet to create a sling; coat with baking spray.
- ☐ Process flour, brown sugar, pecans, and salt in food processor until pecans are coarsely ground.
- ☐ Add butter and pulse until mixture resembles coarse meal. Press mixture firmly into prepared baking pan.
- ☐ Bake until golden brown, about 20 minutes. Cool on wire rack 20 minutes.
- ☐ Combine shredded coconut and cream of coconut in bowl. In separate bowl, whisk eggs, brown sugar, flour, baking powder, vanilla, and salt until smooth. Stir in pecans, then spread filling over cooled crust. Dollop heaping teaspoons of coconut mixture over filling, then spread into as even a layer as possible with rubber spatula or back of spoon (it will be patchy).
- ☐ Bake until topping is deep golden brown, 35 to 40 minutes. Cool in pan 20 minutes, then, use excess foil to pull out onto wire rack. Cool completely, about 2 hours.
- ☐ Once cooled, remove foil and cut into 24 pieces. (Bars can be refrigerated in airtight container for 5 days.)

# Nutrition Facts



## Properties

Glycemic Index:7.38, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:2.6226087099184%

## Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

## Nutrients (% of daily need)

Calories: 186.88kcal (9.34%), Fat: 12.16g (18.7%), Saturated Fat: 7g (43.77%), Carbohydrates: 19.23g (6.41%), Net Carbohydrates: 18.16g (6.6%), Sugar: 17.53g (19.47%), Cholesterol: 28.04mg (9.35%), Sodium: 104.36mg (4.54%), Alcohol: 0.06g (100%), Alcohol %: 0.18% (100%), Protein: 1.19g (2.38%), Manganese: 0.34mg (16.77%), Fiber: 1.08g (4.31%), Selenium: 2.73µg (3.9%), Copper: 0.08mg (3.77%), Vitamin A: 170.59IU (3.41%), Phosphorus: 33.53mg (3.35%), Calcium: 28mg (2.8%), Vitamin B1: 0.04mg (2.39%), Zinc: 0.35mg (2.37%), Magnesium: 9.27mg (2.32%), Iron: 0.39mg (2.18%), Vitamin B2: 0.03mg (1.81%), Vitamin E: 0.26mg (1.73%), Vitamin B6: 0.03mg (1.72%), Vitamin B5: 0.16mg (1.58%), Potassium: 53.14mg (1.52%), Folate: 4.7µg (1.18%), Vitamin D: 0.17µg (1.14%)