



Dream Bars

 Vegetarian

READY IN



30 min.

SERVINGS



24

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 140 grams flour all purpose flour
- ☐ 2 ml double-acting baking powder
- ☐ 150 grams firmly brown sugar packed
- ☐ 2 eggs
- ☐ 1 cup pecans chopped
- ☐ 75 grams butter salted softened
- ☐ 1.3 cups coconut or shredded sweetened () (angel flake)
- ☐ 5 ml vanilla

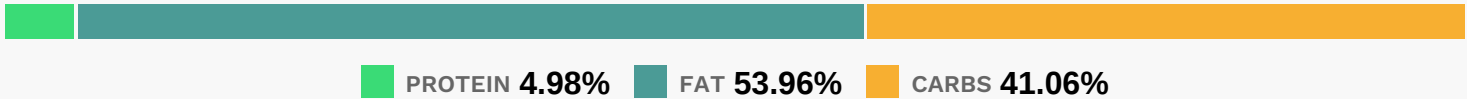
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F. and grease a 9 inch square metal pan.For the crust, combine 1 cup flour and 1/4 cup brown sugar.
- ☐ Add butter and mix until well blended. Press into pan and bake for 15 minutes.For the filling, beat eggs until thick and light in color. Gradually beat in 3/4 cup brown sugar and continue beating until mixture is light and fluffy.
- ☐ Mix 1/4 cup flour with the baking powder. Fold into egg mixture.
- ☐ Mix in coconut, vanilla and nuts.
- ☐ Spread over baked crust in pan.
- ☐ Bake 20 to 25 minutes longer or until lightly browned. Cool.
- ☐ Cut into bars.

Nutrition Facts



Properties

Glycemic Index:9.46, Glycemic Load:3.26, Inflammation Score:-1, Nutrition Score:3.0408695835782%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 129.64kcal (6.48%), Fat: 7.98g (12.28%), Saturated Fat: 3.58g (22.4%), Carbohydrates: 13.67g (4.56%), Net Carbohydrates: 12.85g (4.67%), Sugar: 8.46g (9.4%), Cholesterol: 20.36mg (6.79%), Sodium: 49.12mg (2.14%),

Alcohol: 0.06g (100%), Alcohol %: 0.28% (100%), Protein: 1.66g (3.32%), Manganese: 0.37mg (18.67%), Selenium: 4.22µg (6.02%), Vitamin B1: 0.08mg (5.26%), Copper: 0.08mg (4.21%), Folate: 13.95µg (3.49%), Phosphorus: 34.33mg (3.43%), Iron: 0.6mg (3.33%), Fiber: 0.82g (3.27%), Vitamin B2: 0.05mg (3.16%), Magnesium: 10.39mg (2.6%), Zinc: 0.39mg (2.6%), Vitamin B3: 0.43mg (2.16%), Vitamin A: 100.44IU (2.01%), Calcium: 17.71mg (1.77%), Vitamin B6: 0.03mg (1.73%), Vitamin B5: 0.17mg (1.69%), Potassium: 56.12mg (1.6%), Vitamin E: 0.2mg (1.32%)