



Easy Pecan Pie Bars

 Dairy Free

READY IN



175 min.

SERVINGS



36

CALORIES



138 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 cup brown sugar packed
- 0.5 cup butter softened
- 1 eggs
- 2 eggs
- 2 tablespoons flour all-purpose
- 1.5 cups pecans chopped
- 0.5 teaspoon salt

- 1 pouch sugar cookie mix (1 lb 1.5 oz)
- 0.5 teaspoon vanilla

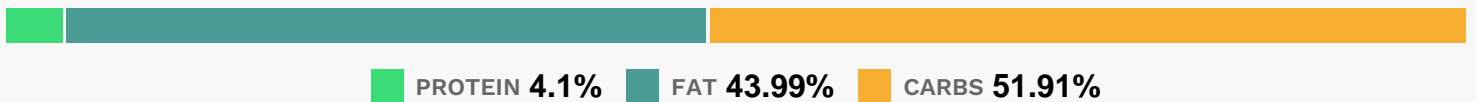
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 350F. Spray bottom of 13x9-inch pan with cooking spray.
- In large bowl, stir all Crust ingredients until dough forms. Press dough in bottom of pan using floured fingers.
- Bake 20 minutes.
- Meanwhile, in medium bowl, stir all Pecan Filling ingredients until well blended.
- Pour over hot crust.
- Bake 15 minutes or until center is set. Cool completely, about 2 hours. For bars, cut into 9 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.92, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:1.8060869642574%

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: 138.36kcal (6.92%), Fat: 6.9g (10.62%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 18.33g (6.11%), Net Carbohydrates: 17.89g (6.5%), Sugar: 12.52g (13.91%), Cholesterol: 13.64mg (4.55%), Sodium: 114.21mg (4.97%), Alcohol: 0.02g (100%), Alcohol %: 0.08% (100%), Protein: 1.45g (2.9%), Manganese: 0.21mg (10.62%), Copper: 0.06mg (3.03%), Vitamin B1: 0.04mg (2.89%), Vitamin A: 135.12IU (2.7%), Phosphorus: 22.48mg (2.25%), Selenium: 1.51µg (2.16%), Vitamin B2: 0.03mg (1.8%), Fiber: 0.45g (1.79%), Zinc: 0.26mg (1.72%), Magnesium: 6.69mg (1.67%), Iron: 0.3mg (1.65%), Calcium: 14.6mg (1.46%), Folate: 5.78µg (1.45%), Vitamin E: 0.2mg (1.33%), Vitamin B5: 0.11mg (1.08%)