



Eggless Pecan Bars

 Vegetarian

READY IN



70 min.

SERVINGS



36

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups all purpose flour
- ☐ 2 Tablespoons granulated sugar
- ☐ 2 Tablespoons heavy cream
- ☐ 0.3 cup plus 2 tablespoons honey
- ☐ 0.5 cup brown sugar light packed
- ☐ 2 cups pecan halves chopped (I Used Pecans)
- ☐ 0.3 Teaspoon salt
- ☐ 0.5 cup butter unsalted (1 Stick)

☐ 0.5 Teaspoon vanilla extract

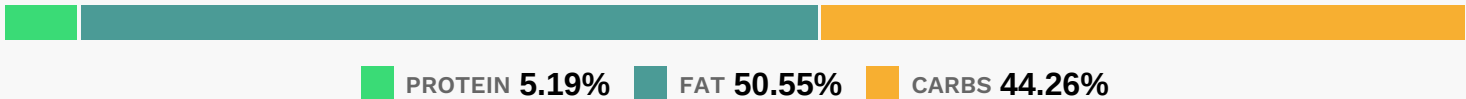
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 375F for 15 minutes.In a large mixing bowl put butter, brown sugar and cream it using an electric mixer in medium speed until light and fluffy.
- ☐ Mix in salt.
- ☐ Add flour, 1 cup at a time, mixing until fully incorporated after each addition.Continue mixing until dough begins to come together.Press dough about 1/4 inch thick into a 9 by 13 inch baking pan. (See My Notes)Prick the dough with a fork.Chill until firm, about 20 minutes.
- ☐ Bake it golden brown, 18 to 20 minutes.
- ☐ Transfer to a wire rack to cool completely.Reduce oven to 325F.

Nutrition Facts



Properties

Glycemic Index:5.76, Glycemic Load:7.25, Inflammation Score:-2, Nutrition Score:3.1034782745916%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 126.69kcal (6.33%), Fat: 7.32g (11.27%), Saturated Fat: 2.2g (13.76%), Carbohydrates: 14.42g (4.81%), Net Carbohydrates: 13.56g (4.93%), Sugar: 5.86g (6.52%), Cholesterol: 7.72mg (2.57%), Sodium: 17.89mg (0.78%), Alcohol: 0.02g (100%), Alcohol %: 0.09% (100%), Protein: 1.69g (3.39%), Manganese: 0.35mg (17.39%), Vitamin B1: 0.12mg (8.14%), Selenium: 3.88µg (5.54%), Folate: 20.6µg (5.15%), Copper: 0.09mg (4.53%), Iron: 0.67mg (3.72%), Vitamin B2: 0.06mg (3.71%), Vitamin B3: 0.69mg (3.47%), Fiber: 0.87g (3.47%), Phosphorus: 29.48mg (2.95%), Magnesium: 10.07mg (2.52%), Zinc: 0.36mg (2.39%), Vitamin A: 94.43IU (1.89%), Potassium: 42.91mg (1.23%), Vitamin E: 0.17mg (1.15%), Vitamin B5: 0.11mg (1.09%)