



Fudgy Pecan Bars

 Dairy Free

READY IN



110 min.

SERVINGS



32

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 box duncan hines devil's food cake
- 0.3 cup butter softened
- 1 teaspoon vanilla
- 1 eggs
- 1.3 cups semi chocolate chips
- 0.3 cup butter melted
- 2 eggs
- 1 cup pecans chopped

1 tablespoon powdered sugar

Equipment

- bowl
- frying pan
- oven
- hand mixer

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom only of 13x9-inch pan with baking spray with flour. Measure 1/2 cup of the cake mix into medium bowl; set aside.
- In large bowl, beat remaining cake mix, 1/3 cup butter, the vanilla and 1 egg with electric mixer on low speed until crumbly. Press dough in pan.
- Sprinkle with chocolate chips; press into dough.
- Add melted butter and 2 eggs to reserved cake mix. Beat on medium speed until smooth. Stir in pecans.
- Spread mixture over crust.
- Bake 24 to 28 minutes or until center is set. Cool completely, about 1 hour.
- Sprinkle powdered sugar over top. For bars, cut into 8 rows by 4 rows. Store covered.

Nutrition Facts



Properties

Glycemic Index:0.31, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:3.6782608341588%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-

gallate: 0.08mg

Nutrients (% of daily need)

Calories: 159.01kcal (7.95%), Fat: 10.98g (16.89%), Saturated Fat: 3.02g (18.88%), Carbohydrates: 14.35g (4.78%),
Net Carbohydrates: 13.13g (4.78%), Sugar: 8.16g (9.07%), Cholesterol: 15.77mg (5.26%), Sodium: 156.97mg (6.82%),
Alcohol: 0.04g (100%), Alcohol %: 0.17% (100%), Caffeine: 7.53mg (2.51%), Protein: 2.1g (4.19%), Manganese: 0.28mg
(13.9%), Copper: 0.19mg (9.29%), Phosphorus: 73.29mg (7.33%), Iron: 1.21mg (6.73%), Magnesium: 23.48mg (5.87%),
Selenium: 3.66µg (5.23%), Fiber: 1.21g (4.85%), Vitamin A: 176.12IU (3.52%), Zinc: 0.5mg (3.35%), Vitamin B1: 0.05mg
(3.32%), Calcium: 30.56mg (3.06%), Potassium: 106mg (3.03%), Vitamin B2: 0.05mg (2.94%), Folate: 11.1µg (2.77%),
Vitamin E: 0.41mg (2.74%), Vitamin B3: 0.32mg (1.6%), Vitamin B5: 0.14mg (1.36%), Vitamin B6: 0.02mg (1.11%),
Vitamin K: 1.15µg (1.1%)