



## Fudgy Pecan Pie Bars

 Dairy Free

READY IN



110 min.

SERVINGS



32

CALORIES



188 kcal

DESSERT

### Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 0.8 cup butter softened
- ☐ 0.5 cup sugar
- ☐ 0.3 cup cocoa powder
- ☐ 1 teaspoon vanilla
- ☐ 2 eggs
- ☐ 0.5 cup sugar
- ☐ 3 tablespoons butter melted

- ☐ 0.7 cup corn syrup dark
- ☐ 0.5 teaspoon vanilla
- ☐ 2 cups pecans chopped
- ☐ 0.5 cup semisweet chocolate chips miniature

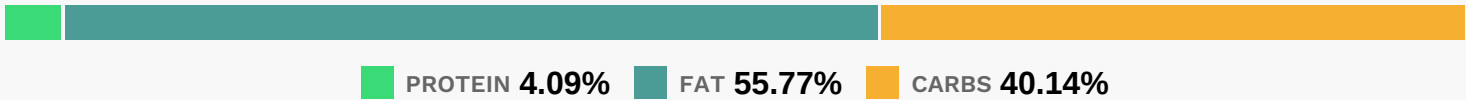
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer

## Directions

- ☐ Heat oven to 375°F. Beat flour, 3/4 cup butter, 1/2 cup sugar, the cocoa and 1 teaspoon vanilla in large bowl with electric mixer on low speed until crumbly. Press in bottom of ungreased 15x10x1-inch pan.
- ☐ Bake 20 minutes.
- ☐ Meanwhile, beat eggs, 1/2 cup sugar, 3 tablespoons butter, the corn syrup and 1/2 teaspoon vanilla in medium bowl with wire whisk until smooth. Stir in pecans and chocolate chips. Spoon evenly over baked crust.
- ☐ Bake about 15 minutes or until set. Cool completely, about 1 hour. For bars, cut into 8 rows by 4 rows.

## Nutrition Facts



## Properties

Glycemic Index:9.85, Glycemic Load:12.59, Inflammation Score:-3, Nutrition Score:3.90608693141%

## Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 1.38mg, Epicatechin: 1.38mg, Epicatechin: 1.38mg, Epicatechin: 1.38mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 187.88kcal (9.39%), Fat: 12.09g (18.6%), Saturated Fat: 2.49g (15.58%), Carbohydrates: 19.59g (6.53%), Net Carbohydrates: 18.23g (6.63%), Sugar: 13.44g (14.93%), Cholesterol: 10.45mg (3.48%), Sodium: 78.17mg (3.4%), Alcohol: 0.06g (100%), Alcohol %: 0.2% (100%), Caffeine: 4.72mg (1.57%), Protein: 1.99g (3.99%), Manganese: 0.43mg (21.49%), Copper: 0.17mg (8.41%), Vitamin B1: 0.1mg (6.35%), Fiber: 1.36g (5.43%), Selenium: 3.74µg (5.34%), Vitamin A: 257.77IU (5.16%), Magnesium: 20.51mg (5.13%), Phosphorus: 47.51mg (4.75%), Iron: 0.85mg (4.72%), Zinc: 0.53mg (3.55%), Folate: 13.8µg (3.45%), Vitamin B2: 0.06mg (3.43%), Vitamin B3: 0.48mg (2.39%), Vitamin E: 0.36mg (2.37%), Potassium: 75.48mg (2.16%), Vitamin B5: 0.15mg (1.47%), Calcium: 13.69mg (1.37%), Vitamin B6: 0.02mg (1.24%)