



Fudgy Pecan Streusel Bars

READY IN



120 min.

SERVINGS



25

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon double-acting baking powder
- 10 ounces bittersweet chocolate chopped
- 0.3 teaspoon sea salt
- 1 large egg yolk (large)
- 1.5 cups flour all-purpose
- 0.5 teaspoon kosher salt
- 0.5 cup pecans toasted chopped
- 0.5 cup sugar
- 14 ounces condensed milk sweetened canned

- 1 tablespoons butter unsalted plus more for the pan

Equipment

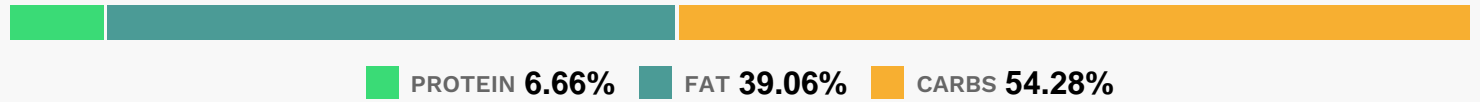
- bowl
- frying pan
- sauce pan
- oven
- knife
- plastic wrap
- baking pan
- hand mixer

Directions

- In a bowl, using an electric mixer, beat the 1 stick plus 2 tablespoons of butter with the sugar and egg yolk until smooth.
- Add the flour, baking powder and salt and beat at low speed until evenly moistened, about 2 minutes. Using your hands, knead once or twice to bring the dough together.
- Preheat the oven to 350
- Butter a 9-inch square metal baking pan. Pat three-fourths of the dough into the baking pan in an even layer. In a bowl, beat the pecans into the remaining dough. Crumble the pecan streusel on a plate. Refrigerate the crust and streusel for 10 minutes.
- In a medium saucepan, combine the chocolate and condensed milk and stir over low heat until melted and very thick, about 3 minutes.
- Scrape into a bowl. Press a sheet of plastic wrap directly onto the surface and let cool slightly.
- Spread the fudgy filling evenly on the dough in the pan and sprinkle with the coarse salt. Scatter the pecan streusel on top.
- Bake in the lower third of the oven for 40 to 45 minutes, or until the top is golden.
- Let cool completely.
- Run the tip of a knife around the edge of the pan.

Cut the square into 18 bars and serve.

Nutrition Facts



Properties

Glycemic Index:12.32, Glycemic Load:12.23, Inflammation Score:-2, Nutrition Score:4.5204347890356%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 179.25kcal (8.96%), Fat: 7.87g (12.11%), Saturated Fat: 3.86g (24.1%), Carbohydrates: 24.61g (8.2%), Net Carbohydrates: 23.31g (8.48%), Sugar: 16.89g (18.77%), Cholesterol: 14.63mg (4.88%), Sodium: 100.12mg (4.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.75mg (3.25%), Protein: 3.02g (6.04%), Manganese: 0.29mg (14.61%), Selenium: 6.33µg (9.04%), Copper: 0.18mg (8.97%), Phosphorus: 87.77mg (8.78%), Magnesium: 28.2mg (7.05%), Vitamin B2: 0.12mg (6.81%), Iron: 1.17mg (6.53%), Vitamin B1: 0.09mg (6.07%), Calcium: 60.42mg (6.04%), Fiber: 1.3g (5.2%), Folate: 16.92µg (4.23%), Zinc: 0.61mg (4.06%), Potassium: 140.32mg (4.01%), Vitamin B3: 0.59mg (2.97%), Vitamin B5: 0.22mg (2.24%), Vitamin B12: 0.1µg (1.74%), Vitamin A: 72.97IU (1.46%), Vitamin B6: 0.02mg (1.09%), Vitamin E: 0.16mg (1.03%)