



German Chocolate Pecan Pie Bars

READY IN



215 min.

SERVINGS



24

CALORIES



356 kcal

DESSERT

Ingredients

- ☐ 1.8 cups flour all-purpose
- ☐ 0.8 cup powdered sugar
- ☐ 0.8 cup butter cold cut into pieces
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1.5 cups semi chocolate chips
- ☐ 0.8 cup brown sugar packed
- ☐ 0.8 cup plus light
- ☐ 0.3 cup butter melted
- ☐ 3 eggs slightly beaten

- ☐ 1 cup coconut flakes flaked
- ☐ 3 cups pecans toasted

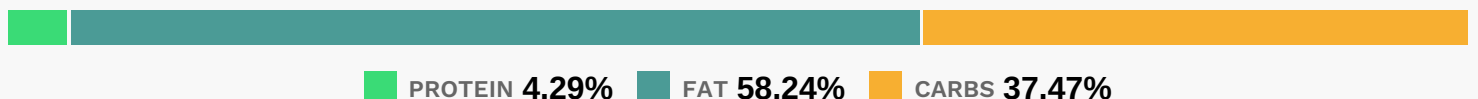
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Heat oven to 350°F. Line bottom and sides of 13x9-inch pan with heavy-duty foil, extending foil 2 to 3 inches over 2 opposite sides of pan. Spray foil with cooking spray.
- ☐ In food processor, place flour, powdered sugar, 3/4 cup butter and the cocoa. Cover; process with quick on-and-off pulses until consistency of coarse meal. Press in bottom and 3/4 inch up sides of pan.
- ☐ Bake 15 minutes.
- ☐ Remove from oven; sprinkle chocolate chips over crust. Cool completely in pan on cooling rack, about 30 minutes.
- ☐ In medium bowl, mix brown sugar, corn syrup, melted butter and the eggs with whisk until smooth. Stir in coconut and pecans. Spoon over crust.
- ☐ Bake 25 to 30 minutes or until golden and set. Cool completely in pan on cooling rack, about 1 hour. Refrigerate 1 hour. Use foil to lift out of pan onto cutting board.
- ☐ Cut into 6 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:6.64, Inflammation Score:-4, Nutrition Score:7.8982608830151%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 355.79kcal (17.79%), Fat: 23.93g (36.82%), Saturated Fat: 10.39g (64.94%), Carbohydrates: 34.65g (11.55%), Net Carbohydrates: 31.4g (11.42%), Sugar: 23.47g (26.08%), Cholesterol: 41.47mg (13.82%), Sodium: 80.04mg (3.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.74mg (3.91%), Protein: 3.97g (7.93%), Manganese: 0.91mg (45.29%), Copper: 0.37mg (18.58%), Fiber: 3.24g (12.97%), Magnesium: 46.01mg (11.5%), Vitamin B1: 0.17mg (11.24%), Selenium: 7.25µg (10.36%), Iron: 1.84mg (10.21%), Phosphorus: 100.68mg (10.07%), Zinc: 1.18mg (7.89%), Vitamin B2: 0.1mg (5.96%), Folate: 22.95µg (5.74%), Vitamin A: 278.62IU (5.57%), Potassium: 176.31mg (5.04%), Vitamin B3: 0.83mg (4.17%), Vitamin E: 0.54mg (3.59%), Calcium: 31.55mg (3.16%), Vitamin B5: 0.31mg (3.15%), Vitamin B6: 0.06mg (2.9%), Vitamin K: 1.98µg (1.89%), Vitamin B12: 0.09µg (1.42%)