



HEALTH SCORE

67%

German Chocolate-Pecan Pie Bars



Very Healthy

READY IN



220 min.

SERVINGS



1

CALORIES



8599 kcal

DESSERT

Ingredients

- ☐ 0.8 cup firmly brown sugar packed
- ☐ 0.3 cup butter melted
- ☐ 0.8 cup butter cold cubed
- ☐ 0.8 cup plus light
- ☐ 3 large eggs lightly beaten
- ☐ 1.8 cups flour all-purpose
- ☐ 3 cups pecan halves and pieces
- ☐ 0.8 cup powdered sugar

- ☐ 1.5 cups semisweet chocolate morsels
- ☐ 1 cup coconut or sweetened flaked
- ☐ 0.3 cup cocoa unsweetened

Equipment

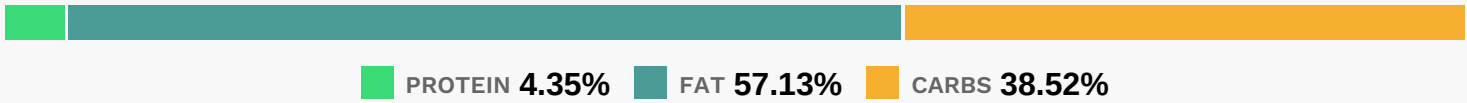
- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until lightly toasted and fragrant, stirring halfway through.
- ☐ Line bottom and sides of a 13- x 9-inch pan with heavy-duty aluminum foil, allowing 2 to 3 inches to extend over sides. Lightly grease foil.
- ☐ Pulse flour and next 3 ingredients in a food processor 5 to 6 times or until mixture resembles coarse meal. Press mixture on bottom and 3/4 inch up sides of prepared pan.
- ☐ Bake crust at 350 for 15 minutes.
- ☐ Remove from oven, and sprinkle chocolate morsels over crust. Cool completely on a wire rack (about 30 minutes).
- ☐ Whisk together brown sugar and next 3 ingredients until smooth. Stir in coconut and toasted pecans, and spoon into prepared crust.
- ☐ Bake at 350 for 25 to 30 minutes or until golden and set. Cool completely on a wire rack (about 1 hour). Chill 1 hour. Lift baked bars from pan, using foil sides as handles.
- ☐ Transfer to a cutting board; cut into bars.
- ☐ TRY THIS TWIST

German Chocolate–Bourbon–Pecan Pie Bars: For a spirited kick, whisk 1/4 cup of your favorite bourbon into brown sugar mixture in Step

Nutrition Facts



Properties

Glycemic Index:204, Glycemic Load:159.56, Inflammation Score:-10, Nutrition Score:78.723477881888%

Flavonoids

Cyanidin: 35.12mg, Cyanidin: 35.12mg, Cyanidin: 35.12mg, Cyanidin: 35.12mg Delphinidin: 23.81mg, Delphinidin: 23.81mg, Delphinidin: 23.81mg, Delphinidin: 23.81mg Catechin: 37.61mg, Catechin: 37.61mg, Catechin: 37.61mg, Catechin: 37.61mg Epigallocatechin: 18.41mg, Epigallocatechin: 18.41mg, Epigallocatechin: 18.41mg, Epigallocatechin: 18.41mg Epicatechin: 44.91mg, Epicatechin: 44.91mg, Epicatechin: 44.91mg, Epicatechin: 44.91mg Epigallocatechin 3–gallate: 7.52mg, Epigallocatechin 3–gallate: 7.52mg, Epigallocatechin 3–gallate: 7.52mg, Epigallocatechin 3–gallate: 7.52mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 8598.7kcal (429.94%), Fat: 566.64g (871.75%), Saturated Fat: 225.58g (1409.87%), Carbohydrates: 859.71g (286.57%), Net Carbohydrates: 784.44g (285.25%), Sugar: 589.52g (655.03%), Cholesterol: 1062.25mg (354.08%), Sodium: 2157.31mg (93.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 281.65mg (93.88%), Protein: 97.01g (194.02%), Manganese: 21.58mg (1078.78%), Copper: 8.87mg (443.3%), Fiber: 75.27g (301.07%), Vitamin B1: 4.21mg (280.9%), Magnesium: 1109.58mg (277.39%), Selenium: 178.65µg (255.22%), Phosphorus: 2444.93mg (244.49%), Iron: 43.65mg (242.53%), Zinc: 28.89mg (192.6%), Vitamin B2: 2.48mg (146.02%), Folate: 560.64µg (140.16%), Vitamin A: 6800.85IU (136.02%), Potassium: 4224.6mg (120.7%), Vitamin B3: 20.45mg (102.27%), Vitamin E: 13.17mg (87.77%), Calcium: 775.56mg (77.56%), Vitamin B5: 7.53mg (75.31%), Vitamin B6: 1.26mg (62.75%), Vitamin K: 48.42µg (46.11%), Vitamin B12: 2.21µg (36.78%), Vitamin D: 3µg (20%), Vitamin C: 3.6mg (4.36%)