



Lite Chocolate Pecan Pie Bars

 Dairy Free

READY IN



190 min.

SERVINGS



24

CALORIES



240 kcal

DESSERT

Ingredients

- 0.8 cup butter softened
- 0.5 cup cornstarch argo®
- 4 eggs lightly beaten
- 1.5 cups flour
- 1.3 cups frangelico karo®
- 6 ounces pecans chopped
- 0.3 teaspoon salt
- 1 cup bittersweet chocolate

- 1.5 cups sugar divided
- 1.5 teaspoons vanilla extract pure spice islands®

Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 350 degrees F.
- Combine flour, 1/4 cup sugar and corn starch in a large bowl.
- Cut in butter until crumbly. Press into greased 13 x 9-inch pan.
- Bake in a preheated 350 degrees F oven for 15 minutes until edges are lightly browned.
- To Make Filling: Stir together syrup, remaining sugar, eggs, salt and vanilla in a large bowl until blended.
- Add pecans and chocolate chips.
- Pour over crust and bake an additional 35 minutes until filling is firm around the edges and slightly soft in center.
- Cool completely, about 2 hours, before cutting into bars.

Nutrition Facts

  
 **PROTEIN 4.74%**  **FAT 53.07%**  **CARBS 42.19%**

Properties

Glycemic Index:6.46, Glycemic Load:13.07, Inflammation Score:-3, Nutrition Score:4.8978260904551%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate:

0.16mg

Nutrients (% of daily need)

Calories: 240.13kcal (12.01%), Fat: 14.42g (22.19%), Saturated Fat: 3.47g (21.69%), Carbohydrates: 25.8g (8.6%), Net Carbohydrates: 24.3g (8.84%), Sugar: 15.51g (17.24%), Cholesterol: 27.72mg (9.24%), Sodium: 102.8mg (4.47%), Alcohol: 0.09g (100%), Alcohol %: 0.17% (100%), Caffeine: 6.27mg (2.09%), Protein: 2.9g (5.8%), Manganese: 0.47mg (23.67%), Copper: 0.19mg (9.75%), Selenium: 5.93µg (8.47%), Vitamin B1: 0.11mg (7.61%), Iron: 1.15mg (6.39%), Phosphorus: 63.54mg (6.35%), Magnesium: 24.33mg (6.08%), Vitamin A: 300.96IU (6.02%), Fiber: 1.5g (5.99%), Vitamin B2: 0.09mg (5.3%), Folate: 19.37µg (4.84%), Zinc: 0.67mg (4.45%), Vitamin B3: 0.61mg (3.07%), Vitamin E: 0.44mg (2.96%), Potassium: 92.57mg (2.64%), Vitamin B5: 0.24mg (2.36%), Calcium: 17.11mg (1.71%), Vitamin B6: 0.03mg (1.7%), Vitamin B12: 0.09µg (1.42%)