



Maple Pecan Bars

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



163 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup all purpose flour
- ☐ 2.5 tablespoons granulated sugar
- ☐ 3 tablespoons heavy cream
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.3 cup real maple syrup
- ☐ 0.3 cup oats quick
- ☐ 1 cup pecans toasted coarsely chopped
- ☐ 0.3 teaspoon salt

- ☐ 1.5 tablespoons butter unsalted
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.5 tablespoon water cold

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F. Line an 8 inch square metal pan with foil and spray the foil with cooking spray (or use non-stick).
- ☐ Mix the softened butter, sugar, and salt together with a wooden spoon. Stir in the oats.
- ☐ Add the flour and stir with the spoon until crumbly, finishing it off with your fingers if needed to make sure it's mixed.
- ☐ Sprinkle in some water. Press crumbles into bottom of pan and bake on center rack for 15 minutes.
- ☐ Let cool.Melt the butter in a medium saucepan. Stir in the tiny pinch of salt (if using) maple syrup, brown sugar and cream. Bring the mixture to a boil and boil for no more than 30 seconds.
- ☐ Remove the pan from the heat and stir in the vanilla and pecans.
- ☐ Pour the maple pecan filling over the crust, spreading it evenly with a spoon.
- ☐ Bake the bars on the center oven rack for 15 minutes.
- ☐ Transfer the bars, in the pan, to a wire rack to cool thoroughly. Cover and refrigerate the bars for 1 to 2 hours before slicing.

Nutrition Facts



 PROTEIN **4.57%**  FAT **47.91%**  CARBS **47.52%**

Properties

Glycemic Index:19.3, Glycemic Load:8.13, Inflammation Score:-2, Nutrition Score:4.3421739359265%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

Nutrients (% of daily need)

Calories: 162.54kcal (8.13%), Fat: 8.91g (13.7%), Saturated Fat: 2.3g (14.39%), Carbohydrates: 19.88g (6.63%), Net Carbohydrates: 18.7g (6.8%), Sugar: 11.45g (12.72%), Cholesterol: 8mg (2.67%), Sodium: 51.86mg (2.25%), Alcohol: 0.03g (100%), Alcohol %: 0.1% (100%), Protein: 1.91g (3.83%), Manganese: 0.64mg (32.18%), Vitamin B1: 0.13mg (8.59%), Vitamin B2: 0.15mg (8.55%), Copper: 0.12mg (6%), Selenium: 3.65µg (5.21%), Fiber: 1.17g (4.69%), Folate: 16.9µg (4.23%), Phosphorus: 41mg (4.1%), Magnesium: 16.17mg (4.04%), Iron: 0.69mg (3.83%), Zinc: 0.55mg (3.66%), Vitamin B3: 0.59mg (2.95%), Calcium: 21.92mg (2.19%), Potassium: 73.65mg (2.1%), Vitamin A: 103.48IU (2.07%), Vitamin B5: 0.14mg (1.42%), Vitamin E: 0.2mg (1.35%), Vitamin B6: 0.03mg (1.29%)