



Maple-Pecan Sticky Bars

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5.5 cups flour
- 1 large egg yolk
- 0.3 cup brown sugar packed ()
- 0.5 cup maple syrup pure
- 1.5 cups pecans coarsely chopped
- 0.1 teaspoon salt
- 0.3 cup sugar
- 3 tablespoons butter unsalted

- 0.5 teaspoon vanilla extract
- 0.3 cup whipping cream

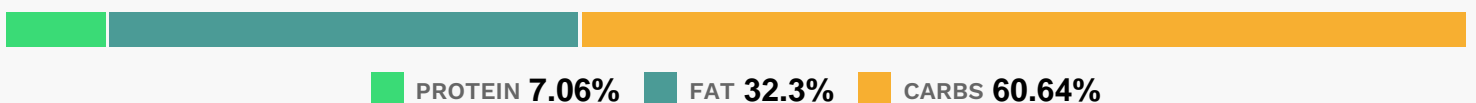
Equipment

- bowl
- frying pan
- sauce pan
- oven
- hand mixer
- cake form

Directions

- Preheat oven to 350°F. Butter 9x9x2-inch metal cake pan. Using electric mixer, beat butter, sugar, and egg yolk in bowl to blend.
- Add flour and salt; beat until moist clumps form. Gather dough together. Press dough over bottom and 1/2 inch up sides of pan.
- Bake crust until golden, about 20 minutes. Cool.
- Combine first 4 ingredients in medium saucepan. Bring to boil, stirring until butter melts and mixture is smooth. Boil filling 30 seconds.
- Remove from heat; mix in vanilla, then nuts.
- Pour hot filling into crust.
- Bake bars until filling is bubbling in center, about 15 minutes. Cool bars completely in pan on rack (filling will become firm). Chill at least 1 hour and up to 2 hours. (Can be made 3 days ahead. Cover and keep chilled.)
- Cut into 30 bars.

Nutrition Facts



Properties

Glycemic Index:6.39, Glycemic Load:15.16, Inflammation Score:-2, Nutrition Score:5.2413043548232%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 170.07kcal (8.5%), Fat: 6.16g (9.47%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 26.01g (8.67%), Net Carbohydrates: 24.86g (9.04%), Sugar: 7.6g (8.44%), Cholesterol: 11.37mg (3.79%), Sodium: 12.3mg (0.53%), Alcohol: 0.02g (100%), Alcohol %: 0.07% (100%), Protein: 3.03g (6.06%), Manganese: 0.53mg (26.36%), Vitamin B1: 0.22mg (14.73%), Selenium: 8.41µg (12.01%), Vitamin B2: 0.2mg (11.53%), Folate: 44.11µg (11.03%), Vitamin B3: 1.43mg (7.13%), Iron: 1.24mg (6.91%), Copper: 0.1mg (5.03%), Fiber: 1.14g (4.57%), Phosphorus: 43.64mg (4.36%), Magnesium: 13.19mg (3.3%), Zinc: 0.46mg (3.1%), Potassium: 65.16mg (1.86%), Calcium: 17.54mg (1.75%), Vitamin B5: 0.17mg (1.74%), Vitamin A: 75.36IU (1.51%), Vitamin B6: 0.03mg (1.26%), Vitamin E: 0.16mg (1.04%)