



Maple Pecan Sticky Bars

 Vegetarian

READY IN



55 min.

SERVINGS



16

CALORIES



257 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 egg yolk
- ☐ 75 g golden caster sugar
- ☐ 100 ml maple syrup pure
- ☐ 175 g pecan nutes toasted roughly chopped
- ☐ 175 g flour plain
- ☐ 200 g muscavado sugar light
- ☐ 100 g butter unsalted softened
- ☐ 1 tsp vanilla extract

☐ 1 tbsp whipping cream

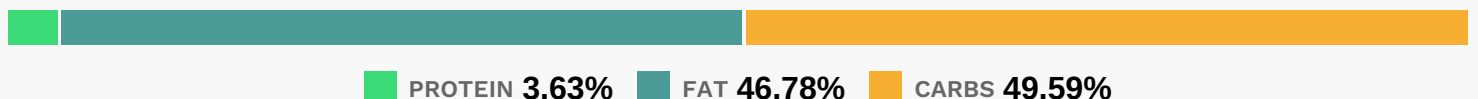
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ cake form

Directions

- ☐ Preheat oven to 180°C/160°C fan/350°F/Mark
- ☐ Butter a 23x23x5cm cake tin.
- ☐ To start, make the short crust pastry base. In a large bowl mix together the butter and sugar with your hands, and finally add the egg yolks and mix.
- ☐ Add the flour and beat until a soft dough is formed. Gather the dough together and press it into the bottom of the tin and 2cm up the sides (I rolled my pastry).
- ☐ Bake for about 18–20 minutes, or until golden (I blind baked my pastry with baking beans).
- ☐ Remove from the oven, but leave the oven on whilst you make the filling.
- ☐ To make the filling; in a medium saucepan combine all the ingredients except the nuts and vanilla extract. Bring to the boil, stirring until the butter melts and the mixture is smooth. Boil for 30 seconds.
- ☐ Remove from the heat, then mix the nuts and vanilla extract.
- ☐ Pour the hot filling over the crust and bake in the oven for about 15 minutes until the filling is bubbling in the centre.
- ☐ Allow to completely cool in the tin where the filling will become firm, then chill in the refrigerator for at least 1 hour and up to 2 hours.
- ☐ When chilled, cut into bars with a large sharp knife.

Nutrition Facts



Properties

Glycemic Index:11.97, Glycemic Load:16.9, Inflammation Score:-2, Nutrition Score:5.5165217168953%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg

Nutrients (% of daily need)

Calories: 256.67kcal (12.83%), Fat: 13.73g (21.12%), Saturated Fat: 4.23g (26.42%), Carbohydrates: 32.75g (10.92%), Net Carbohydrates: 31.41g (11.42%), Sugar: 22.65g (25.17%), Cholesterol: 26.65mg (8.88%), Sodium: 3.93mg (0.17%), Alcohol: 0.09g (100%), Alcohol %: 0.2% (100%), Protein: 2.4g (4.79%), Manganese: 0.77mg (38.37%), Vitamin B2: 0.19mg (11.1%), Vitamin B1: 0.17mg (11.08%), Copper: 0.15mg (7.61%), Selenium: 4.98µg (7.11%), Folate: 24.34µg (6.08%), Fiber: 1.35g (5.38%), Phosphorus: 48.74mg (4.87%), Iron: 0.87mg (4.81%), Magnesium: 18.13mg (4.53%), Zinc: 0.67mg (4.46%), Vitamin B3: 0.79mg (3.95%), Vitamin A: 192.32IU (3.85%), Calcium: 26.18mg (2.62%), Potassium: 86.18mg (2.46%), Vitamin E: 0.34mg (2.28%), Vitamin B5: 0.19mg (1.91%), Vitamin B6: 0.03mg (1.71%), Vitamin D: 0.17µg (1.13%)