



Passover Pecan Bars

READY IN



45 min.

SERVINGS



48

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 1.3 cups brown sugar packed
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 5 large egg whites
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 cup maple syrup
- ☐ 0.5 cup matzo meal

- ☐ 1 cup matzo cake meal
- ☐ 0.3 cup ground pecans toasted
- ☐ 2 tablespoons pecans finely chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup coconut or sweetened flaked
- ☐ 2 tablespoons butter unsalted melted
- ☐ 6 tablespoons butter unsalted
- ☐ 1 tablespoon vanilla extract

Equipment

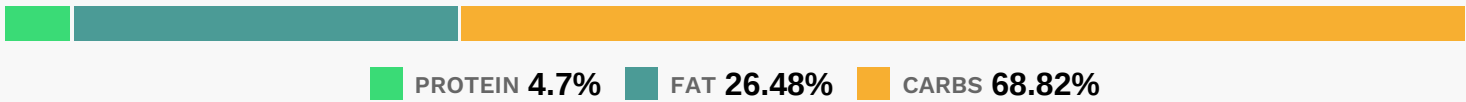
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ To prepare the crust, lightly spoon matzo cake meal and matzo meal into dry measuring cups, and level with a knife.
- ☐ Combine matzo cake meal, matzo meal, and next 4 ingredients (matzo cake meal through 1/4 teaspoon salt), stirring with a whisk; cut in 6 tablespoons butter with a pastry blender or 2 knives until the mixture resembles coarse meal.
- ☐ Add 1 egg white, stirring just until moist; press into bottom of a 13 x 9-inch baking pan coated with cooking spray.
- ☐ Bake at 350 for 20 minutes or until edges begin to brown; cool 15 minutes.

- ☐
- To prepare the filling, combine 1 1/3 cups brown sugar and next 7 ingredients (brown sugar through 1 large egg) in medium bowl, stirring well with a whisk. Stir in coconut and pecans.
- ☐
- Pour over the prepared crust.
- ☐
- Bake at 350 for 30 minutes or until set. Cool to room temperature. Cover and chill at least 1 hour.
- ☐
- Cut into bars.

Nutrition Facts



Properties

Glycemic Index:1.28, Glycemic Load:0.83, Inflammation Score:-1, Nutrition Score:1.4960869503734%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

Nutrients (% of daily need)

Calories: 97.33kcal (4.87%), Fat: 2.9g (4.46%), Saturated Fat: 1.45g (9.09%), Carbohydrates: 16.95g (5.65%), Net Carbohydrates: 16.66g (6.06%), Sugar: 12.72g (14.14%), Cholesterol: 8.89mg (2.96%), Sodium: 31.76mg (1.38%), Alcohol: 0.09g (100%), Alcohol %: 0.42% (100%), Protein: 1.16g (2.31%), Manganese: 0.17mg (8.26%), Vitamin B2: 0.08mg (4.74%), Selenium: 3.04µg (4.35%), Vitamin B1: 0.03mg (1.74%), Calcium: 15.51mg (1.55%), Iron: 0.27mg (1.53%), Vitamin A: 64.52IU (1.29%), Magnesium: 4.87mg (1.22%), Potassium: 41.95mg (1.2%), Fiber: 0.29g (1.16%), Copper: 0.02mg (1.15%), Phosphorus: 10.77mg (1.08%), Vitamin B3: 0.21mg (1.04%)