



Peach-Pecan Bars

 Dairy Free

READY IN



13 min.

SERVINGS



10

CALORIES



388 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons cornstarch
- ☐ 1 cup peach preserves
- ☐ 0.8 cup pecans chopped
- ☐ 10 servings powdered sugar
- ☐ 16.5 oz sugar cookie dough refrigerated

Equipment

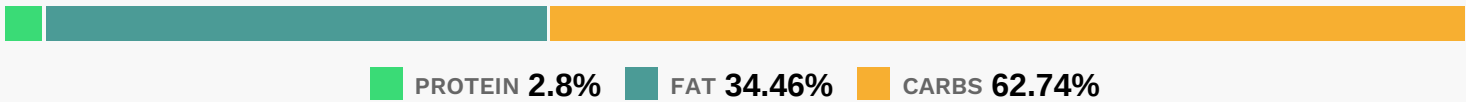
- ☐ frying pan
- ☐ sauce pan

- ☐ oven
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Place pecans in a single layer in a shallow pan.
- ☐ Bake at 350 for 8 to 10 minutes or until lightly toasted, stirring once after 5 minutes.
- ☐ Divide cookie dough into 3 equal pieces, and press evenly onto bottom of a lightly greased 11- x 7-inch baking dish.
- ☐ Sprinkle evenly with pecans, pressing into dough.
- ☐ Bake at 350 for 25 minutes or until edges are golden brown.
- ☐ Bring peach preserves and cornstarch to a boil in a small saucepan. Boil 1 minute, stirring constantly.
- ☐ Pour preserve mixture evenly over warm crust.
- ☐ Bake at 350 for 8 minutes.
- ☐ Remove pan from oven, and cool on a wire rack 20 minutes.
- ☐ Sprinkle evenly with powdered sugar, and cut into bars.
- ☐ Serve immediately or at room temperature.
- ☐ Note: For testing purposes only, we used Pillsbury Create 'n
- ☐ Bake Sugar refrigerated cookie dough.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:12.71, Inflammation Score:-1, Nutrition Score:5.1456521529218%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg 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: 387.6kcal (19.38%), Fat: 15.02g (23.11%), Saturated Fat: 3.05g (19.05%), Carbohydrates: 61.55g (20.52%), Net Carbohydrates: 59.96g (21.81%), Sugar: 41.72g (46.35%), Cholesterol: 5.15mg (1.72%), Sodium: 147.2mg (6.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.5%), Manganese: 0.53mg (26.3%), Phosphorus: 108.21mg (10.82%), Vitamin B1: 0.16mg (10.35%), Folate: 35.01µg (8.75%), Copper: 0.15mg (7.51%), Iron: 1.25mg (6.92%), Fiber: 1.58g (6.33%), Vitamin B3: 1.24mg (6.18%), Vitamin B2: 0.1mg (5.59%), Vitamin K: 4.4µg (4.19%), Vitamin C: 3.08mg (3.74%), Potassium: 128.63mg (3.68%), Magnesium: 14.54mg (3.63%), Selenium: 2.5µg (3.57%), Zinc: 0.5mg (3.36%), Vitamin B5: 0.19mg (1.92%), Vitamin B6: 0.03mg (1.64%), Calcium: 16.35mg (1.64%), Vitamin E: 0.24mg (1.63%)