



Pecan Bar Cookies

READY IN



45 min.

SERVINGS



12

CALORIES



217 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup butter softened
- 0.5 cup brown sugar dark packed
- 1 large eggs
- 1.5 cups flour all-purpose
- 0.5 cup granulated sugar
- 1 teaspoon peppermint flavoring
- 0.5 cup pecans chopped

- 0.3 teaspoon salt
- 3 tablespoons semi chocolate chips melted

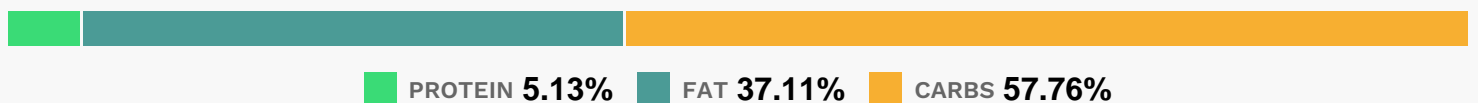
Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- measuring cup

Directions

- Preheat oven to 35
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking powder, baking soda, and salt, stirring with a whisk.
- Place sugars and butter in a large bowl; beat with a mixer at medium speed for 3 minutes or until well combined.
- Add maple flavoring and egg; beat until combined.
- Add flour mixture; stir until well combined. Stir in pecans.
- Spread mixture evenly in a 9-inch cast-iron skillet.
- Bake at 350 for 30 minutes. Cool in pan 10 minutes on a wire rack.
- Remove from pan, and drizzle with melted chocolate. Cool completely.

Nutrition Facts



Properties

Glycemic Index:24.76, Glycemic Load:14.55, Inflammation Score:-2, Nutrition Score:4.6121739613945%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 216.93kcal (10.85%), Fat: 9.12g (14.03%), Saturated Fat: 3.69g (23.08%), Carbohydrates: 31.94g (10.65%), Net Carbohydrates: 30.78g (11.19%), Sugar: 18.83g (20.92%), Cholesterol: 25.89mg (8.63%), Sodium: 169.04mg (7.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.22mg (1.08%), Protein: 2.84g (5.67%), Manganese: 0.37mg (18.41%), Selenium: 7.27µg (10.39%), Vitamin B1: 0.16mg (10.38%), Folate: 31.78µg (7.95%), Iron: 1.26mg (6.98%), Copper: 0.13mg (6.59%), Vitamin B2: 0.11mg (6.3%), Phosphorus: 56.26mg (5.63%), Vitamin B3: 1.02mg (5.11%), Fiber: 1.16g (4.63%), Magnesium: 17.04mg (4.26%), Calcium: 38.62mg (3.86%), Zinc: 0.48mg (3.17%), Vitamin A: 145.1IU (2.9%), Potassium: 75.92mg (2.17%), Vitamin B5: 0.2mg (2%), Vitamin E: 0.25mg (1.66%), Vitamin B6: 0.03mg (1.43%)