



Pecan Bars

 Vegetarian

READY IN



95 min.

SERVINGS



60

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 tsp baking soda
- 1 cup brown sugar packed
- 1 cup butter divided softened
- 0.7 cup plus light
- 8 oz philadelphia cream cheese softened
- 2 eggs
- 2.3 cups flour
- 1 cup granulated sugar

- 3 cups planters pecans chopped
- 1 Tbsp vanilla divided

Equipment

- bowl
- frying pan
- oven
- blender

Directions

- Combine flour and baking soda. Beat cream cheese and 3/4 cup butter in large bowl with mixer until blended.
- Add granulated sugar and 2 tsp. vanilla; mix well. Gradually add flour mixture, mixing well after each addition. Refrigerate 30 min.
- Heat oven to 350F. Press dough onto bottom of 15x10x1-inch pan.
- Bake 20 min. or until lightly browned. Meanwhile, melt remaining butter; pour into medium bowl.
- Add eggs, brown sugar, corn syrup and remaining vanilla; mix well. Stir in nuts.
- Spread nut mixture over warm crust.
- Bake 20 to 25 min. or until topping is firm around the edges but still slightly soft in the center. Cool completely.

Nutrition Facts



PROTEIN 4.09% **FAT 53.78%** **CARBS 42.13%**

Properties

Glycemic Index:4.18, Glycemic Load:5.55, Inflammation Score:-1, Nutrition Score:2.3504347875714%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin:

0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 131.83kcal (6.59%), Fat: 8.14g (12.52%), Saturated Fat: 3.07g (19.17%), Carbohydrates: 14.34g (4.78%), Net Carbohydrates: 13.74g (5%), Sugar: 10.18g (11.31%), Cholesterol: 17.41mg (5.8%), Sodium: 52.29mg (2.27%), Alcohol: 0.07g (100%), Alcohol %: 0.32% (100%), Protein: 1.39g (2.78%), Manganese: 0.26mg (12.93%), Vitamin B1: 0.07mg (4.89%), Selenium: 2.68µg (3.83%), Copper: 0.07mg (3.5%), Vitamin A: 156IU (3.12%), Vitamin B2: 0.05mg (2.77%), Folate: 10.85µg (2.71%), Phosphorus: 26.79mg (2.68%), Fiber: 0.6g (2.41%), Iron: 0.4mg (2.23%), Zinc: 0.32mg (2.1%), Magnesium: 8.01mg (2%), Vitamin B3: 0.35mg (1.73%), Vitamin E: 0.21mg (1.39%), Calcium: 13.16mg (1.32%), Vitamin B5: 0.12mg (1.16%), Potassium: 38.53mg (1.1%)