# Pecan Bars

Vegetarian

| READY IN | SERVINGS | CALORIES |
| --- | --- | --- |
| 107 min. | 25 | 167 kcal |

ANTIPASTI STARTER SNACK APPETIZER

## Ingredients

- [ ] 0.3 cup plus light
- [ ] 1 tablespoon rum dark
- [ ] 2 large eggs beaten
- [ ] 1 cup flour all-purpose
- [ ] 0.5 teaspoon kosher salt
- [ ] 1 teaspoon kosher salt
- [ ] 0.3 cup brown sugar light packed
- [ ] 0.8 cup brown sugar light packed

- [ ] 0.3 cup blackstrap molasses light
- [ ] 0.5 cup pecans toasted roughly chopped
- [ ] 1 cup pecans toasted roughly chopped
- [ ] 4 tablespoons butter unsalted melted ()
- [ ] 6 tablespoons butter unsalted cold cut into small chunks ()
- [ ] 1 tablespoon vanilla extract

## Equipment

- [ ] food processor
- [ ] bowl
- [ ] oven
- [ ] whisk
- [ ] baking pan
- [ ] aluminum foil

## Directions

- [ ] Watch how to make this recipe.
- [ ] Heat the oven to 350 degrees F and arrange a rack in middle. Line an 8 by 8-inch baking dish with aluminum foil, leaving a few inches of overhang on each side.
- [ ] Combine the pecans, butter, flour, sugar, and salt in bowl of a food processor and pulse until the mixture is well combined and it resembles coarse meal. Press the mixture evenly into the prepared baking dish and bake until lightly golden, about 25 to 30 minutes.
- [ ] Remove from the oven and immediately make the filling.
- [ ] Whisk together the sugar, molasses, corn syrup, butter, rum if using, vanilla, salt, and eggs in a small bowl until well combined.
- [ ] Add the pecans and stir to coat.
- [ ] Pour the pecan mixture over the hot crust and return the baking dish to the oven.
- [ ] Bake until top is browned and set, about 25 to 30 minutes.
- [ ] Remove from the oven and let cool completely before removing from dish and cutting into 1-inch squares.

# Nutrition Facts

PROTEIN **3.9%** FAT **50.46%** CARBS **45.64%**

## Properties

Glycemic Index:6.92, Glycemic Load:4.56, Inflammation Score:-2, Nutrition Score:3.4295651893253%

## Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg

## Nutrients (% of daily need)

Calories: 166.85kcal (8.34%), Fat: 9.55g (14.69%), Saturated Fat: 3.4g (21.26%), Carbohydrates: 19.44g (6.48%), Net Carbohydrates: 18.69g (6.8%), Sugar: 14.89g (16.55%), Cholesterol: 26.92mg (8.97%), Sodium: 152.51mg (6.63%), Alcohol: 0.38g (100%), Alcohol %: 1.23% (100%), Protein: 1.66g (3.32%), Manganese: 0.38mg (18.98%), Vitamin B1: 0.09mg (5.81%), Selenium: 3.96µg (5.65%), Copper: 0.11mg (5.41%), Magnesium: 18.42mg (4.61%), Iron: 0.69mg (3.82%), Phosphorus: 33.68mg (3.37%), Vitamin A: 165.09IU (3.3%), Folate: 12.68µg (3.17%), Vitamin B2: 0.05mg (3.16%), Fiber: 0.74g (2.97%), Potassium: 99.97mg (2.86%), Zinc: 0.41mg (2.75%), Vitamin B6: 0.05mg (2.44%), Calcium: 23.72mg (2.37%), Vitamin B3: 0.42mg (2.09%), Vitamin B5: 0.18mg (1.83%), Vitamin E: 0.26mg (1.76%), Vitamin D: 0.16µg (1.09%)