



Pecan Bars I

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons bourbon
- 2 cups coconut or flaked
- 2 eggs
- 2 tablespoons flour all-purpose
- 1 cup pecans chopped
- 0.3 teaspoon salt
- 0.3 cup shortening
- 0.8 cup sugar white

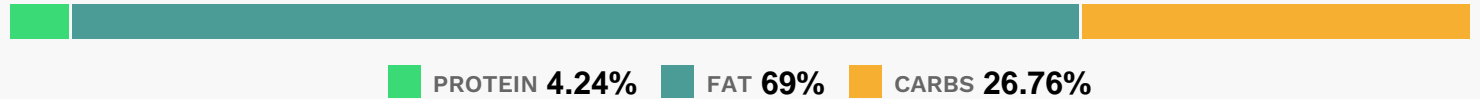
Equipment

- oven
- mixing bowl
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease 9 inch square baking pan.
- To make crust: In medium mixing bowl, combine flour and salt.
- Add in shortening until mixture resembles coarse crumbs. Press dough into baking pan and bake for 15 minutes.
- To make the filling: In large mixing bowl, beat sugar, eggs and bourbon. Slowly add in flour and salt, mixing well. Fold in coconut and pecans.
- Spread filling over hot crust.
- Bake 12 to 15 minutes, or until lightly browned.
- Let cool on wire racks before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:7.09, Glycemic Load:4.73, Inflammation Score:-1, Nutrition Score:2.852173872616%

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: 129.55kcal (6.48%), Fat: 10.35g (15.92%), Saturated Fat: 4.98g (31.15%), Carbohydrates: 9.03g (3.01%), Net Carbohydrates: 7.43g (2.7%), Sugar: 6.95g (7.73%), Cholesterol: 13.64mg (4.55%), Sodium: 32.22mg (1.4%), Alcohol: 0.14g (100%), Alcohol %: 0.71% (100%), Protein: 1.43g (2.86%), Manganese: 0.4mg (20.22%), Fiber: 1.61g (6.43%), Copper: 0.12mg (5.75%), Selenium: 2.86µg (4.08%), Phosphorus: 35.12mg (3.51%), Magnesium: 12.45mg (3.11%), Vitamin B1: 0.04mg (2.74%), Zinc: 0.4mg (2.67%), Iron: 0.45mg (2.49%), Vitamin B2: 0.03mg (2%), Vitamin B6: 0.04mg (1.87%), Potassium: 62.95mg (1.8%), Vitamin E: 0.26mg (1.76%), Vitamin B5: 0.17mg (1.69%), Vitamin K: 1.33µg (1.27%), Folate: 4.5µg (1.13%)