



Pecan Cardamom Bar Cookies

 Vegetarian

READY IN



80 min.

SERVINGS



36

CALORIES



74 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar packed
- 1.5 tablespoons butter
- 1 tablespoon cardamom
- 1 cup powdered sugar
- 1 eggs separated
- 2 cups flour all-purpose
- 0.3 cup pecans chopped
- 0.8 teaspoon salt

- 0.5 teaspoon vanilla extract
- 0.5 cup granulated sugar white

Equipment

- bowl
- frying pan
- sauce pan
- oven

Directions

- Preheat the oven to 275 degrees F (135 degrees C). Grease a 10x15 inch jellyroll pan.
- In a large bowl, cream together 1cup of butter, white sugar and brown sugar until light and fluffy.
- Mix in the egg yolk and 1 tablespoon of vanilla.
- Combine the flour, cardamom and salt; stir into the batter until it forms a soft dough.
- Spread evenly in the prepared pan.
- Brush the top with egg white and sprinkle pecans over the top.
- Bake for 1 hour in the preheated oven. Prepare the frosting while the cookies bake.
- Melt the remaining butter in a saucepan over low heat until it starts to brown.
- Remove from the heat and stir in confectioners' sugar until smooth. Stir in enough milk to achieve a drizzling consistency.
- Drizzle frosting onto the bars when warm. Cool, then cut into bars.

Nutrition Facts



PROTEIN 5.27% FAT 16.8% CARBS 77.93%

Properties

Glycemic Index:5.84, Glycemic Load:5.78, Inflammation Score:-1, Nutrition Score:1.5134782747406%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 74.13kcal (3.71%), Fat: 1.4g (2.16%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 14.66g (4.89%), Net Carbohydrates: 14.33g (5.21%), Sugar: 9.07g (10.07%), Cholesterol: 5.8mg (1.93%), Sodium: 55.06mg (2.39%), Alcohol: 0.02g (100%), Alcohol %: 0.13% (100%), Protein: 0.99g (1.98%), Manganese: 0.14mg (7.11%), Vitamin B1: 0.06mg (4.14%), Selenium: 2.85µg (4.07%), Folate: 13.55µg (3.39%), Vitamin B2: 0.04mg (2.52%), Iron: 0.42mg (2.32%), Vitamin B3: 0.43mg (2.14%), Phosphorus: 13.28mg (1.33%), Fiber: 0.33g (1.32%), Copper: 0.03mg (1.28%)