



## Pecan Chewies

 Vegetarian

READY IN



35 min.

SERVINGS



24

CALORIES



315 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 cup butter
- 3 eggs beaten
- 3 cups brown sugar light packed
- 3 cups pecans chopped
- 3 cups self raising flour
- 1.5 teaspoons vanilla extract

### Equipment

- frying pan

sauce pan

oven

## Directions

Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan, or for thinner bars, use a 10x15 inch jellyroll pan.

Melt butter in a saucepan over medium heat. Stir in brown sugar until smooth.

Remove from heat and let cool slightly.

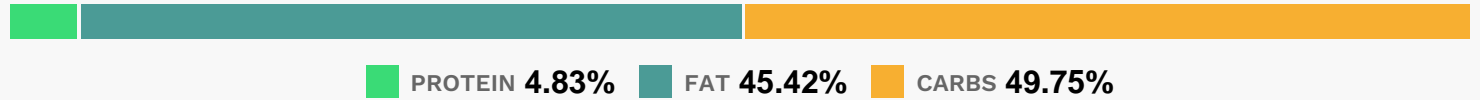
Stir the eggs and vanilla into the brown sugar and butter.

Mix in the chopped pecans, and then the flour.

Spread evenly in the prepared pan.

Bake for 25 minutes in the preheated oven, or until golden brown. Allow to cool before cutting into bars.

## Nutrition Facts



## Properties

Glycemic Index:5.29, Glycemic Load:7.4, Inflammation Score:-2, Nutrition Score:5.5869566124419%

## Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

## Nutrients (% of daily need)

Calories: 314.5kcal (15.73%), Fat: 16.35g (25.15%), Saturated Fat: 4.7g (29.37%), Carbohydrates: 40.28g (13.43%), Net Carbohydrates: 38.6g (14.04%), Sugar: 27.32g (30.36%), Cholesterol: 35.71mg (11.9%), Sodium: 61.46mg (2.67%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Protein: 3.91g (7.82%), Manganese: 0.76mg (37.83%), Selenium: 8.81µg (12.59%), Copper: 0.21mg (10.45%), Vitamin B1: 0.1mg (7%), Fiber: 1.68g (6.73%), Phosphorus: 66.61mg (6.66%), Magnesium: 23.7mg (5.92%), Zinc: 0.84mg (5.57%), Iron: 0.78mg (4.33%), Vitamin A: 214.92IU (4.3%), Calcium: 39.52mg (3.95%), Potassium: 117.72mg (3.36%), Vitamin B2: 0.05mg (3.23%), Vitamin E: 0.48mg (3.17%), Vitamin B5: 0.31mg (3.15%), Folate: 11.23µg (2.81%), Vitamin B6: 0.06mg (2.76%), Vitamin B3: 0.35mg

(1.77%), Vitamin B12: 0.06 $\mu$ g (1.02%)