

Pecan-Date Bars

READY IN



45 min.

SERVINGS



24

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon bourbon
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup butter chilled cut into small pieces
- ☐ 0.8 cup plus dark
- ☐ 0.5 cup dates pitted chopped
- ☐ 1 large eggs
- ☐ 0.3 cup egg substitute
- ☐ 2 tablespoons flour all-purpose
- ☐ 4.5 ounces flour all-purpose

- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons semisweet chocolate minichips
- ☐ 1 teaspoon vanilla extract

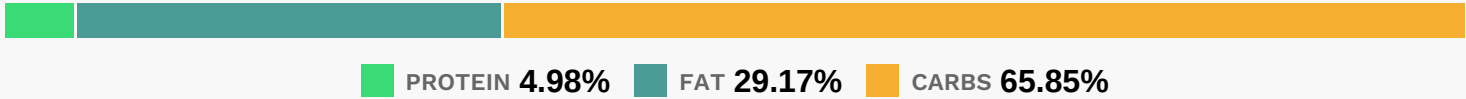
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ To prepare crust, lightly spoon 1 cup flour into a dry measuring cup; level with a knife.
- ☐ Combine 1 cup flour, 1/3 cup sugar, and 1/4 teaspoon salt, stirring well with a whisk.
- ☐ Cut in butter with a pastry blender or two knives until mixture resembles coarse meal. Press mixture into the bottom of an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Bake at 400 for 12 minutes or until lightly browned. Cool completely.
- ☐ Reduce oven temperature to 35
- ☐ To prepare filling, combine corn syrup and next 7 ingredients (through egg) in a large bowl, stirring well with a whisk. Stir in dates, pecans, and chocolate chips.
- ☐ Pour mixture over prepared crust.
- ☐ Bake at 350 for 35 minutes or until set. Cool in pan on a wire rack. Cover and chill 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:15.29, Glycemic Load:11.8, Inflammation Score:-1, Nutrition Score:2.1895652214146%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 113kcal (5.65%), Fat: 3.75g (5.77%), Saturated Fat: 1.66g (10.35%), Carbohydrates: 19.04g (6.35%), Net Carbohydrates: 18.39g (6.69%), Sugar: 13.78g (15.31%), Cholesterol: 12.91mg (4.3%), Sodium: 65.06mg (2.83%), Alcohol: 0.27g (100%), Alcohol %: 1.01% (100%), Protein: 1.44g (2.88%), Manganese: 0.15mg (7.34%), Selenium: 4.31µg (6.15%), Vitamin B1: 0.06mg (4.25%), Folate: 13.27µg (3.32%), Vitamin B2: 0.06mg (3.24%), Iron: 0.57mg (3.17%), Copper: 0.06mg (2.89%), Fiber: 0.65g (2.6%), Phosphorus: 23.53mg (2.35%), Vitamin B3: 0.43mg (2.15%), Magnesium: 8.44mg (2.11%), Potassium: 57.42mg (1.64%), Vitamin A: 77.74IU (1.55%), Vitamin B5: 0.14mg (1.43%), Zinc: 0.21mg (1.41%), Calcium: 11.96mg (1.2%), Vitamin B6: 0.02mg (1.02%)