



## Pecan Dreams

READY IN



50 min.

SERVINGS



25

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 cup butter room temperature
- ☐ 1.5 cups confectioners' sugar
- ☐ 8 ounce cream cheese room temperature
- ☐ 1 cup flour all-purpose
- ☐ 1 cup heavy cream
- ☐ 1 cup pecans chopped
- ☐ 2 tablespoons sugar
- ☐ 1 cup almond toffee bits

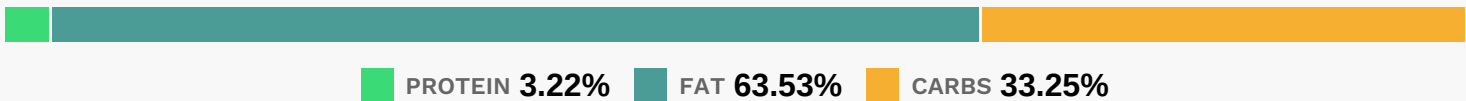
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ pastry cutter

# Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Begin by greasing a 9-inch square pan.
- ☐ Using a bowl, stir together the confectioners' sugar and flour. Using a pastry cutter or fork, cut the cream cheese and butter into the flour mixture until crumbly. Press the mixture into the pan evenly.
- ☐ Pour the nuts over the pressed dough and bake for 30 minutes.
- ☐ Remove the pan from oven and allow to cool completely.
- ☐ To make the topping, whip the cream and sugar together, using a mixer, until stiff. Fold in the almond toffee bits, and spread mixture over cake.
- ☐ Cut into squares and refrigerate.

# Nutrition Facts



# Properties

Glycemic Index:11.32, Glycemic Load:6.71, Inflammation Score:-3, Nutrition Score:2.9434782590555%

# Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg 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

0.1mg

Nutrients (% of daily need)

Calories: 229.7kcal (11.48%), Fat: 16.53g (25.43%), Saturated Fat: 8.58g (53.62%), Carbohydrates: 19.46g (6.49%), Net Carbohydrates: 18.91g (6.88%), Sugar: 14.81g (16.46%), Cholesterol: 39.52mg (13.17%), Sodium: 73.28mg (3.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.77%), Manganese: 0.23mg (11.6%), Vitamin A: 486.69IU (9.73%), Vitamin B1: 0.07mg (4.87%), Vitamin B2: 0.08mg (4.63%), Selenium: 3.1µg (4.42%), Phosphorus: 36.82mg (3.68%), Copper: 0.06mg (3.15%), Folate: 11.63µg (2.91%), Vitamin E: 0.42mg (2.83%), Calcium: 23.27mg (2.33%), Fiber: 0.55g (2.21%), Zinc: 0.32mg (2.11%), Magnesium: 8.33mg (2.08%), Iron: 0.37mg (2.06%), Vitamin B3: 0.37mg (1.83%), Vitamin B5: 0.15mg (1.53%), Potassium: 50.32mg (1.44%), Vitamin K: 1.25µg (1.19%), Vitamin B6: 0.02mg (1.04%), Vitamin D: 0.15µg (1.02%)