



WHATSheATE

OF COOKING®

Pecan or Angel Slices



Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



342 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1.3 cups confectioners' sugar sifted
- ☐ 3 large eggs divided
- ☐ 0.8 cup flour all-purpose
- ☐ 2 tablespoons granulated sugar
- ☐ 1 cup brown sugar light packed
- ☐ 0.3 cup juice of lime fresh
- ☐ 1.5 cups pecans toasted chopped

- ☐ 0.1 teaspoon salt
- ☐ 1 cup coconut or shredded sweetened flaked lightly toasted
- ☐ 0.3 cup butter unsalted softened ()
- ☐ 1 teaspoon vanilla

Equipment

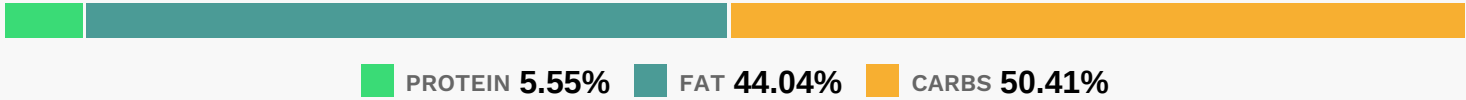
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350°F. Grease a 9 x 9-inch baking pan lined with foil.
- ☐ Beat the butter, granulated sugar, 1 egg yolk, and 1/4 teaspoon of vanilla in a medium bowl until well blended.
- ☐ Stir in 3/4 cup of flour until well blended and smooth.
- ☐ Press the dough evenly into the baking pan.
- ☐ Bake for 10 minutes. Meanwhile, beat 2 eggs, light brown sugar, 1 1/2 tablespoons flour, baking powder, salt, and 1 1/2 teaspoons of vanilla in a medium bowl until well combined.
- ☐ Stir in nuts and coconut.
- ☐ Spread the mixture evenly over the hot baked crust.
- ☐ Bake until the top is firm and golden brown and a toothpick inserted in the center comes out slightly wet, 20 to 25 minutes. Set the pan on a rack. If desired, while the bars are still warm, spread evenly with Lemon Glaze (recipe below).
- ☐ Let stand until the bars are cool and the glaze is set.
- ☐ Beat confectioners' sugar, juice, and vanilla together until smooth.
- ☐ Recipes reprinted with permission from The Joy of Cooking, 75th Anniversary Edition by Irma S. Rombauer, Marion Rombauer Becker, and Ethan Becker. (c) 2006 Simon & Schuster Inc.,

- ☐ add notes my notes
- ☐ edit my notes
- ☐ done

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:5.94, Inflammation Score:-3, Nutrition Score:7.0491303386896%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 341.7kcal (17.08%), Fat: 17.31g (26.63%), Saturated Fat: 6.09g (38.06%), Carbohydrates: 44.58g (14.86%), Net Carbohydrates: 43.03g (15.65%), Sugar: 35.82g (39.8%), Cholesterol: 56.67mg (18.89%), Sodium: 76.96mg (3.35%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Protein: 4.9g (9.81%), Manganese: 0.76mg (37.8%), Copper: 0.29mg (14.41%), Selenium: 8.81µg (12.59%), Phosphorus: 96.24mg (9.62%), Folate: 35.93µg (8.98%), Magnesium: 32.29mg (8.07%), Vitamin B1: 0.12mg (8%), Vitamin B2: 0.12mg (7.33%), Iron: 1.3mg (7.25%), Vitamin B6: 0.13mg (6.66%), Fiber: 1.55g (6.19%), Zinc: 0.82mg (5.47%), Calcium: 45.78mg (4.58%), Potassium: 147.6mg (4.22%), Vitamin B5: 0.4mg (3.99%), Vitamin A: 191.13IU (3.82%), Vitamin B3: 0.7mg (3.5%), Vitamin E: 0.39mg (2.59%), Vitamin D: 0.32µg (2.14%), Vitamin C: 1.76mg (2.13%), Vitamin B12: 0.12µg (1.99%)