



Pecan Pie Bars

 Dairy Free

READY IN



120 min.

SERVINGS



36

CALORIES



112 kcal

DESSERT

Ingredients

- ☐ 0.7 cup granulated sugar
- ☐ 0.5 cup butter softened
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups flour all-purpose
- ☐ 0.7 cup brown sugar packed
- ☐ 0.5 cup plus
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 teaspoon salt

- ☐ 3 eggs
- ☐ 1 cup pecans coarsely chopped
- ☐ 1 serving semi chocolate chips melted

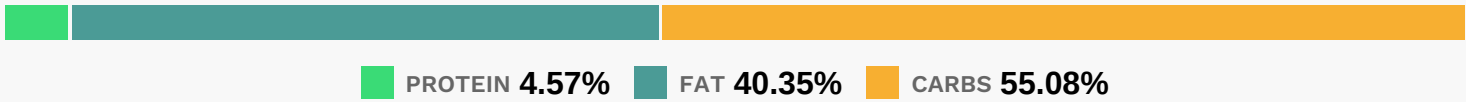
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Lightly grease bottom and sides of 13x9-inch pan with shortening or spray with cooking spray.
- ☐ In large bowl, mix granulated sugar, butter and 1 teaspoon vanilla. Stir in flour. Press dough in bottom and 1/2 inch up sides of pan.
- ☐ Bake 15 to 17 minutes or until edges are light brown.
- ☐ In medium bowl, beat brown sugar, corn syrup, 1 teaspoon vanilla, the salt and eggs with spoon. Stir in pecans.
- ☐ Pour over crust.
- ☐ Bake 25 to 30 minutes or until set. Loosen edges from sides of pan while warm. Cool completely, about 1 hour. For bars, cut into 9 rows by 4 rows.
- ☐ Cut each bar diagonally in half. Dip 1 end of each bar into melted chocolate; lay flat on waxed paper to dry.

Nutrition Facts



Properties

Glycemic Index:4.84, Glycemic Load:6.17, Inflammation Score:-1, Nutrition Score:2.003478238926%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 111.74kcal (5.59%), Fat: 5.15g (7.92%), Saturated Fat: 0.84g (5.27%), Carbohydrates: 15.82g (5.27%), Net Carbohydrates: 15.38g (5.59%), Sugar: 11.47g (12.75%), Cholesterol: 13.64mg (4.55%), Sodium: 55.33mg (2.41%), Alcohol: 0.08g (100%), Alcohol %: 0.35% (100%), Protein: 1.31g (2.63%), Manganese: 0.18mg (8.82%), Selenium: 3.11µg (4.45%), Vitamin B1: 0.07mg (4.37%), Folate: 11.99µg (3%), Vitamin B2: 0.05mg (2.85%), Vitamin A: 134.28IU (2.69%), Copper: 0.05mg (2.46%), Iron: 0.42mg (2.31%), Phosphorus: 22.25mg (2.22%), Vitamin B3: 0.35mg (1.76%), Fiber: 0.43g (1.73%), Zinc: 0.24mg (1.63%), Magnesium: 5.83mg (1.46%), Vitamin E: 0.18mg (1.21%), Vitamin B5: 0.11mg (1.13%)