



Pecan Pie Bars

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



108 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup butter divided
- ☐ 0.5 cup plus light
- ☐ 2 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 cup pecans chopped
- ☐ 1 teaspoon vanilla extract

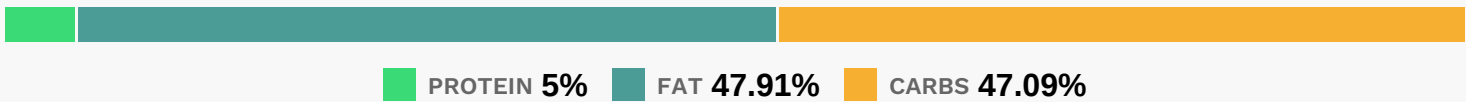
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine flour with 3 tablespoons brown sugar; cut in 1/2 cup butter until coarse crumbs form. Press into a lightly greased 11"x7" baking pan.
- ☐ Bake at 375 for 20 minutes.
- ☐ While crust is baking, beat eggs in a large bowl and add remaining brown sugar, 2 tablespoons melted butter, corn syrup and vanilla. Blend in pecans and pour mixture into hot crust.
- ☐ Bake for 15 to 20 minutes. Cool and cut into bars.

Nutrition Facts



Properties

Glycemic Index:6.42, Glycemic Load:4.64, Inflammation Score:-1, Nutrition Score:2.0134782583007%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 107.83kcal (5.39%), Fat: 5.9g (9.07%), Saturated Fat: 2.7g (16.85%), Carbohydrates: 13.04g (4.35%), Net Carbohydrates: 12.64g (4.6%), Sugar: 7.82g (8.69%), Cholesterol: 23.81mg (7.94%), Sodium: 40.81mg (1.77%), Alcohol: 0.06g (100%), Alcohol %: 0.27% (100%), Protein: 1.39g (2.77%), Manganese: 0.15mg (7.47%), Selenium: 3.54µg (5.06%), Vitamin B1: 0.07mg (4.8%), Folate: 14.3µg (3.58%), Vitamin B2: 0.05mg (3.16%), Vitamin A: 139.25IU (2.79%), Iron: 0.44mg (2.45%), Phosphorus: 21.82mg (2.18%), Vitamin B3: 0.42mg (2.09%), Copper: 0.04mg (2.02%), Fiber: 0.39g (1.58%), Zinc: 0.23mg (1.55%), Magnesium: 5.01mg (1.25%), Vitamin E: 0.18mg (1.23%), Vitamin B5: 0.11mg (1.13%)