

Pecan Pie Bars

READY IN



50 min.

SERVINGS



36

CALORIES



126 kcal

DESSERT

Ingredients

- 2 cups flour
- 0.3 cup brown sugar packed
- 0.5 cup butter
- 14 ounce condensed milk sweetened canned
- 3 eggs beaten
- 2 tablespoons juice of lemon
- 1.5 cups pecans chopped

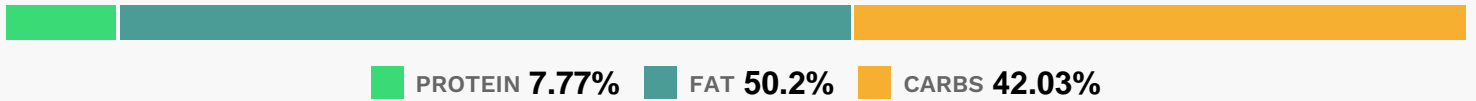
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F. In medium bowl, combine flour and brown sugar; cut in butter until crumbly.
- Press mixture on bottom of 13x9-inch baking pan.
- Bake 10 to 15 minutes.
- In small bowl, combine pecans, sweetened condensed milk, eggs and lemon juice; pour over crust.
- Bake 25 minutes or until filling is set.
- Cool.
- Cut into bars. Store leftovers covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:4.06, Glycemic Load:7.51, Inflammation Score:-2, Nutrition Score:3.3439130284216%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg 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 Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 125.95kcal (6.3%), Fat: 7.19g (11.06%), Saturated Fat: 1.54g (9.61%), Carbohydrates: 13.54g (4.51%), Net Carbohydrates: 12.91g (4.7%), Sugar: 7.71g (8.57%), Cholesterol: 17.39mg (5.8%), Sodium: 49.51mg (2.15%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.5g (5%), Manganese: 0.25mg (12.73%), Selenium: 5.3µg (7.58%), Vitamin B1: 0.1mg (6.43%), Vitamin B2: 0.1mg (6.12%), Phosphorus: 56.09mg (5.61%), Folate: 16.86µg (4.21%), Calcium: 39.85mg (3.98%), Copper: 0.07mg (3.48%), Vitamin A: 164.6IU (3.29%), Iron: 0.53mg (2.97%), Zinc: 0.41mg (2.71%), Magnesium: 10.61mg (2.65%), Fiber: 0.63g (2.5%), Vitamin B3: 0.49mg (2.46%), Potassium: 76.23mg (2.18%), Vitamin B5: 0.21mg (2.14%), Vitamin E: 0.22mg (1.49%), Vitamin B12: 0.08µg (1.4%), Vitamin B6: 0.03mg (1.29%)