

Pecan-Pie Bars

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 24 servings beef base hot
- 2 tablespoons cup heavy whipping cream
- 0.3 cup honey
- 1 cup brown sugar light packed
- 2 cups pecans
- 0.5 cup butter unsalted

Equipment

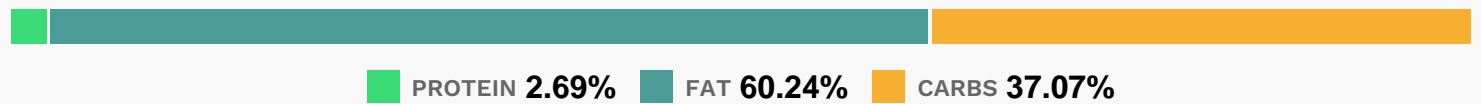
- food processor

- frying pan
- sauce pan
- oven

Directions

- Preheat oven to 350°F.
- In a food processor coarsely chop pecans. In a heavy saucepan melt butter and stir in brown sugar, honey, and cream. Simmer mixture, stirring occasionally, 1 minute and stir in pecans.
- Pour pecan mixture over hot shortbread and spread evenly.
- Bake in middle of oven until bubbling, about 20 minutes. Cool completely in pan and cut into 24 bars. Bar cookies keep, covered, 5 days at room temperature.

Nutrition Facts



Properties

Glycemic Index:2.59, Glycemic Load:2.06, Inflammation Score:-1, Nutrition Score:2.4691304434901%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

Nutrients (% of daily need)

Calories: 146.01kcal (7.3%), Fat: 10.27g (15.8%), Saturated Fat: 3.25g (20.29%), Carbohydrates: 14.22g (4.74%), Net Carbohydrates: 13.42g (4.88%), Sugar: 13.27g (14.74%), Cholesterol: 11.62mg (3.87%), Sodium: 243.61mg (10.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.06%), Manganese: 0.38mg (19.25%), Copper: 0.11mg (5.29%), Vitamin B1: 0.06mg (3.8%), Fiber: 0.8g (3.21%), Magnesium: 11.58mg (2.9%), Vitamin A: 141.19IU (2.82%), Phosphorus: 27.52mg (2.75%), Zinc: 0.4mg (2.64%), Iron: 0.32mg (1.77%), Calcium: 16.23mg (1.62%), Vitamin E: 0.24mg (1.58%), Potassium: 54.82mg (1.57%), Vitamin B6: 0.02mg (1.24%), Selenium: 0.82µg (1.17%), Vitamin B2: 0.02mg (1.11%)