

Pecan Pie Bars II

 Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



286 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar packed
- 1.5 cups corn syrup dark
- 1 eggs
- 3 eggs
- 0.5 cup butter softened
- 1 cup pecans chopped
- 1 teaspoon vanilla extract
- 0.7 cup cake mix yellow

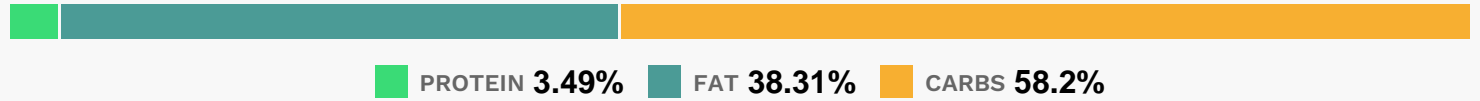
Equipment

- frying pan
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan.
- Reserve 2/3 cup cake mix.
- Mix together remaining cake mix, margarine, and 1 egg. Pat in prepared pan.
- Bake at 350 degrees F (175 degrees C) for 15–20 minutes or until golden brown.
- Beat together 3 eggs, vanilla, reserved 2/3 cup cake mix, corn syrup, and brown sugar.
- Pour on cake in pan.
- Sprinkle pecans on top.
- Bake at 350 degrees F (175 degrees C) for 30–35 minutes.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:23.84, Inflammation Score:-3, Nutrition Score:4.3508695697655%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Nutrients (% of daily need)

Calories: 286.25kcal (14.31%), Fat: 12.73g (19.59%), Saturated Fat: 2.25g (14.06%), Carbohydrates: 43.51g (14.5%), Net Carbohydrates: 42.69g (15.52%), Sugar: 38.49g (42.77%), Cholesterol: 43.65mg (14.55%), Sodium: 219.5mg (9.54%), Alcohol: 0.09g (100%), Alcohol %: 0.15% (100%), Protein: 2.61g (5.22%), Manganese: 0.39mg (19.49%),

Phosphorus: 81.76mg (8.18%), Selenium: 5.27µg (7.53%), Vitamin A: 338.09IU (6.76%), Copper: 0.12mg (6.25%),
Vitamin B2: 0.09mg (5.5%), Vitamin B1: 0.08mg (5.43%), Calcium: 48.37mg (4.84%), Iron: 0.79mg (4.37%),
Magnesium: 14.9mg (3.72%), Vitamin E: 0.56mg (3.71%), Folate: 14.41µg (3.6%), Zinc: 0.53mg (3.5%), Fiber: 0.82g
(3.3%), Vitamin B5: 0.3mg (3.05%), Vitamin B6: 0.05mg (2.51%), Potassium: 79.26mg (2.26%), Vitamin B12: 0.12µg
(2.04%), Vitamin B3: 0.35mg (1.78%), Vitamin D: 0.23µg (1.56%)