



Pecan Pie Surprise Bars

READY IN



45 min.

SERVINGS



36

CALORIES



156 kcal

DESSERT

Ingredients

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

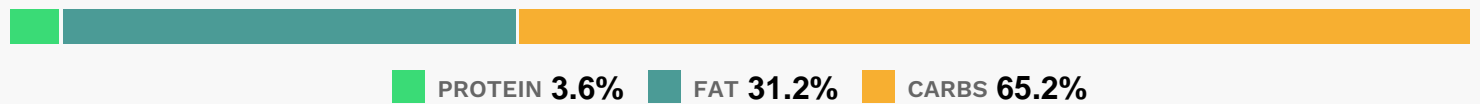
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease one 9 x13 inch baking pan.
- Reserve 2/3 cup of the cake mix and set aside. In a large bowl combine the remaining cake mix, melted butter and 1 egg.
- Mix until crumbly then press mixture into the prepared pan.
- Bake at 350 degrees F (175 degrees C) for 15 to 20 minutes, until light golden brown.
- Combine the reserved 2/3 cup cake mix, brown sugar, corn syrup, vanilla and 3 eggs. Beat at medium speed for 1 to 2 minutes.
- Pour filling over the baked crust and sprinkle with pecans.
- Return to oven and bake for an additional 30 to 35 minutes, until the filling is set. Cool and cut into 36 bars.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:9.94, Inflammation Score:-1, Nutrition Score:2.5126086852473%

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: 155.97kcal (7.8%), Fat: 5.6g (8.62%), Saturated Fat: 2.19g (13.71%), Carbohydrates: 26.34g (8.78%), Net Carbohydrates: 25.87g (9.41%), Sugar: 20.36g (22.63%), Cholesterol: 24.97mg (8.32%), Sodium: 154.73mg (6.73%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Protein: 1.46g (2.91%), Manganese: 0.18mg (9.07%), Phosphorus: 65.07mg (6.51%), Calcium: 41.04mg (4.1%), Vitamin B1: 0.06mg (3.79%), Vitamin B2: 0.06mg (3.64%), Selenium: 2.53µg (3.61%), Folate: 12.86µg (3.22%), Iron: 0.54mg (2.98%), Copper: 0.06mg (2.96%), Vitamin A: 106.88IU (2.14%), Vitamin E: 0.3mg (1.99%), Vitamin B3: 0.38mg (1.9%), Fiber: 0.46g (1.85%), Magnesium: 7.18mg (1.79%), Zinc: 0.25mg (1.66%), Vitamin B5: 0.16mg (1.64%), Vitamin B6: 0.03mg (1.42%), Potassium: 37.15mg (1.06%), Vitamin B12: 0.06µg (1.05%)