



Pecan Sandy Bars

 Vegetarian

READY IN



45 min.

SERVINGS



88

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 lb butter at room temperature
- 1 large eggs separated
- 2 cups flour all-purpose
- 1 cup pecans chopped
- 1 cup sugar

Equipment

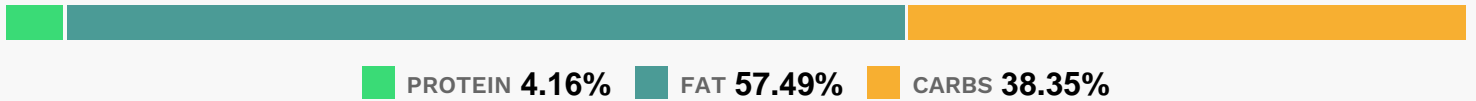
- bowl
- frying pan

- oven
- baking pan
- hand mixer
- pastry brush

Directions

- In a bowl, with an electric mixer on medium speed, beat butter and sugar until smooth. Beat in egg yolk until well blended. Stir or beat in flour until mixture is no longer crumbly.
- Press dough evenly into a buttered and floured 10- by 15-inch baking pan. In a bowl, with a fork, beat egg white to blend.
- Brush evenly over dough with a pastry brush.
- Sprinkle pecans evenly over dough, then press them in.
- Bake in a 275 oven until golden brown, about 45 minutes. While hot, cut into 1 1/2-inch squares.
- Let cool completely in pan.

Nutrition Facts



Properties

Glycemic Index:2.33, Glycemic Load:3.16, Inflammation Score:-1, Nutrition Score:0.83826086848326%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 46.94kcal (2.35%), Fat: 3.07g (4.72%), Saturated Fat: 1.42g (8.9%), Carbohydrates: 4.61g (1.54%), Net Carbohydrates: 4.41g (1.6%), Sugar: 2.33g (2.59%), Cholesterol: 7.65mg (2.55%), Sodium: 17.46mg (0.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1%), Manganese: 0.08mg (3.77%), Vitamin B1: 0.03mg (2.06%),

Selenium: 1.22µg (1.75%), Folate: 5.82µg (1.45%), Vitamin A: 68.17IU (1.36%), Vitamin B2: 0.02mg (1.15%)