



Pecan Squares



Vegetarian



Dairy Free

READY IN



80 min.

SERVINGS



48

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 4 eggs
- ☐ 1.5 cups flour for dusting all-purpose plus more
- ☐ 1 pound brown sugar light
- ☐ 1.5 cups pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

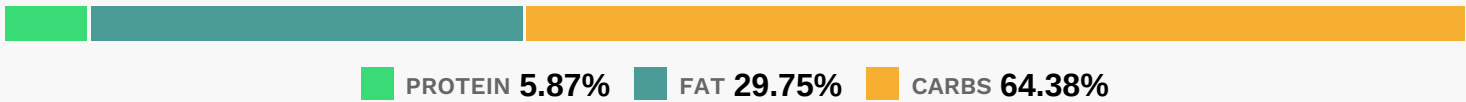
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ double boiler

Directions

- ☐ Preheat the oven to 350 degrees F. Spray a 13 by 9-inch pan with vegetable oil cooking spray and dust with flour.
- ☐ In a medium bowl, beat the eggs with a whisk. Stir in the brown sugar until smooth.
- ☐ Pour into the top of a double boiler. Cook the mixture over simmering water for 20 minutes, stirring constantly, until it reaches 180 degrees F.
- ☐ Let cool for 5 minutes.
- ☐ Sift the 1 1/2 cups of flour, baking powder, and salt together.
- ☐ Add pecans to flour mixture. Stir into the cooked mixture.
- ☐ Add vanilla and stir until combined. (The batter will be thin.)
- ☐ Pour the batter into the prepared pan and place the pan in the oven.
- ☐ Bake for 25 minutes.
- ☐ Allow to cool completely in the pan before cutting into pieces. Store in an airtight tin in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.69, Glycemic Load:2.18, Inflammation Score:-1, Nutrition Score:1.7504347834898%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg 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: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg 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: 77.01kcal (3.85%), Fat: 2.61g (4.02%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 12.73g (4.24%), Net Carbohydrates: 12.33g (4.48%), Sugar: 9.32g (10.36%), Cholesterol: 13.64mg (4.55%), Sodium: 36.58mg (1.59%), Alcohol: 0.03g (100%), Alcohol %: 0.18% (100%), Protein: 1.16g (2.32%), Manganese: 0.17mg (8.66%), Selenium: 2.68µg (3.83%), Vitamin B1: 0.05mg (3.5%), Copper: 0.05mg (2.5%), Folate: 9.65µg (2.41%), Vitamin B2: 0.04mg (2.36%), Iron: 0.4mg (2.2%), Phosphorus: 21.34mg (2.13%), Fiber: 0.4g (1.61%), Calcium: 15.12mg (1.51%), Magnesium: 5.92mg (1.48%), Zinc: 0.22mg (1.45%), Vitamin B3: 0.28mg (1.4%), Vitamin B5: 0.11mg (1.13%)