



Pecan Squares

 Vegetarian

READY IN



45 min.

SERVINGS



28

CALORIES



259 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup firmly brown sugar packed
- ☐ 0.7 cup butter
- ☐ 0.8 cup butter softened
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup honey
- ☐ 3.5 cups pecans coarsely chopped
- ☐ 0.7 cup powdered sugar
- ☐ 3 tablespoons whipping cream

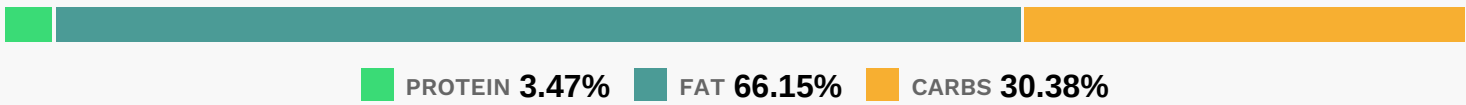
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Sift together 2 cups flour and 2/3 cup powdered sugar.
- ☐ Cut in 3/4 cup softened butter using a pastry blender or fork just until mixture resembles coarse meal. Pat mixture on bottom and 1 1/2 inches up sides of a lightly greased 13- x 9-inch baking dish.
- ☐ Bake at 350 for 20 minutes or until edges are lightly browned. Cool.
- ☐ Bring brown sugar, honey, 2/3 cup butter, and whipping cream to a boil in a saucepan over medium-high heat. Stir in pecans, and pour hot filling into prepared crust.
- ☐ Bake at 350 for 25 to 30 minutes or until golden and bubbly. Cool completely before cutting into 2-inch squares.
- ☐ Judy Russell, Birmingham, Alabama

Nutrition Facts



Properties

Glycemic Index:8.47, Glycemic Load:7.59, Inflammation Score:-3, Nutrition Score:5.079130490189%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 258.91kcal (12.95%), Fat: 19.79g (30.45%), Saturated Fat: 7.13g (44.56%), Carbohydrates: 20.45g (6.82%), Net Carbohydrates: 18.89g (6.87%), Sugar: 12.19g (13.55%), Cholesterol: 26.51mg (8.84%), Sodium: 75.86mg (3.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.68%), Manganese: 0.68mg (34.08%), Vitamin B1: 0.16mg (10.73%), Copper: 0.18mg (9.04%), Vitamin A: 318.27IU (6.37%), Fiber: 1.56g (6.24%), Selenium: 3.82µg (5.46%), Phosphorus: 51.47mg (5.15%), Folate: 19.91µg (4.98%), Magnesium: 19.27mg (4.82%), Zinc: 0.71mg (4.72%), Iron: 0.82mg (4.54%), Vitamin B2: 0.07mg (4.21%), Vitamin B3: 0.7mg (3.52%), Vitamin E: 0.48mg (3.18%), Potassium: 78.13mg (2.23%), Calcium: 18.35mg (1.83%), Vitamin B5: 0.18mg (1.83%), Vitamin B6: 0.04mg (1.83%), Vitamin K: 1.36µg (1.29%)