



Poisoned Pecan Squares

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



1145 kcal

SIDE DISH

Ingredients

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

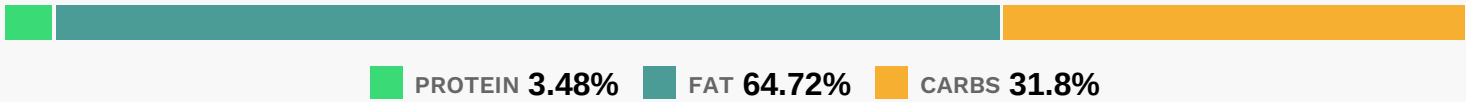
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ baking pan

Directions

- ☐ Sift together flour and powdered sugar.
- ☐ Cut in 3/4 cup softened butter using a pastry blender or fork just until mixture resembles coarse crumbs meal. Pat mixture on bottom and 1 1/2 inches up sides of a lightly greased 13"x9" baking pan.
- ☐ Bake at 350 for 20 minutes, or until edges are lightly golden. Cool. In a saucepan over medium-high heat, bring brown sugar, honey, 2/3 cup butter, and whipping cream to a boil. Stir in pecans and pour into prepared crust.
- ☐ Bake at 350 for 25 to 30 minutes, or until golden and bubbly. Cool in pan on a wire rack.
- ☐ Cut into 2-inch squares. Makes about 28 squares.

Nutrition Facts



Properties

Glycemic Index:31.21, Glycemic Load:35.41, Inflammation Score:-8, Nutrition Score:20.19913033558%

Flavonoids

Cyanidin: 6.2mg, Cyanidin: 6.2mg, Cyanidin: 6.2mg, Cyanidin: 6.2mg Delphinidin: 4.2mg, Delphinidin: 4.2mg, Delphinidin: 4.2mg, Delphinidin: 4.2mg Catechin: 4.18mg, Catechin: 4.18mg, Catechin: 4.18mg, Catechin: 4.18mg Epigallocatechin: 3.25mg, Epigallocatechin: 3.25mg, Epigallocatechin: 3.25mg, Epigallocatechin: 3.25mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epigallocatechin 3-gallate: 1.33mg, Epigallocatechin 3-gallate: 1.33mg, Epigallocatechin 3-gallate: 1.33mg, Epigallocatechin 3-gallate: 1.33mg

Nutrients (% of daily need)

Calories: 1145.32kcal (57.27%), Fat: 85.61g (131.7%), Saturated Fat: 31.29g (195.54%), Carbohydrates: 94.64g (31.55%), Net Carbohydrates: 87.91g (31.97%), Sugar: 56.67g (62.97%), Cholesterol: 116.93mg (38.98%), Sodium:

333.75mg (14.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.35g (20.7%), Manganese: 2.92mg (145.89%), Vitamin B1: 0.71mg (47.48%), Copper: 0.77mg (38.68%), Vitamin A: 1403.2IU (28.06%), Fiber: 6.73g (26.9%), Selenium: 17.57µg (25.11%), Folate: 91.52µg (22.88%), Phosphorus: 223.29mg (22.33%), Magnesium: 82.79mg (20.7%), Iron: 3.67mg (20.38%), Zinc: 3.04mg (20.27%), Vitamin B2: 0.33mg (19.14%), Vitamin B3: 3.22mg (16.08%), Vitamin E: 2.07mg (13.82%), Potassium: 339.93mg (9.71%), Calcium: 80.78mg (8.08%), Vitamin B5: 0.8mg (7.99%), Vitamin B6: 0.16mg (7.9%), Vitamin K: 5.92µg (5.64%), Vitamin B12: 0.1µg (1.63%)