



Praline Bars

 Dairy Free

READY IN



25 min.

SERVINGS



20

CALORIES



278 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.8 cups firmly brown sugar packed
- ☐ 1 cup butter
- ☐ 15 graham cracker sheets
- ☐ 0.8 cup pecans chopped
- ☐ 0.5 cup semisweet chocolate morsels
- ☐ 0.5 cup chocolate morsels white

Equipment

- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wax paper
- ☐ microwave
- ☐ spatula

Directions

- ☐ Separate each graham cracker sheet into 4 crackers; place in a lightly greased 15- x 10-inch jelly-roll pan.
- ☐ Sprinkle chopped pecans over graham crackers.
- ☐ Bring brown sugar and butter to a boil in a saucepan over medium-high heat. Boil 2 minutes.
- ☐ Pour brown sugar mixture evenly over graham crackers in pan.
- ☐ Bake at 350 for 10 minutes. Quickly remove graham crackers to wax paper, using a spatula, and let cool completely.
- ☐ Microwave semisweet chocolate morsels in a microwave-safe bowl at HIGH 30 seconds. Stir and microwave at HIGH 30 more seconds or until smooth.
- ☐ Drizzle chocolate evenly over cooled bars. Repeat procedure with white chocolate morsels.

Nutrition Facts



Properties

Glycemic Index:7.7, Glycemic Load:7.53, Inflammation Score:-4, Nutrition Score:3.4200000419565%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 277.83kcal (13.89%), Fat: 16.3g (25.07%), Saturated Fat: 4.18g (26.1%), Carbohydrates: 32.58g (10.86%), Net Carbohydrates: 31.46g (11.44%), Sugar: 25.56g (28.4%), Cholesterol: 1.22mg (0.41%), Sodium: 186.12mg (8.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.87mg (1.29%), Protein: 1.77g (3.55%), Manganese: 0.26mg (12.81%), Vitamin A: 411.88IU (8.24%), Copper: 0.12mg (6.01%), Phosphorus: 55.53mg (5.55%), Magnesium: 21.67mg (5.42%), Iron: 0.97mg (5.38%), Fiber: 1.12g (4.47%), Calcium: 42.28mg (4.23%), Vitamin B1: 0.06mg (3.76%), Zinc: 0.55mg (3.65%), Vitamin E: 0.48mg (3.19%), Potassium: 104.1mg (2.97%), Vitamin B2: 0.05mg (2.92%), Vitamin B3: 0.54mg (2.7%), Vitamin B6: 0.03mg (1.6%), Folate: 6.35µg (1.59%), Selenium: 0.97µg (1.38%), Vitamin B5: 0.11mg (1.11%)