



Quick Praline Bars

 Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 24 graham cracker squares
- 0.5 cup brown sugar packed
- 0.5 cup butter
- 0.5 teaspoon vanilla
- 0.5 cup pecans chopped

Equipment

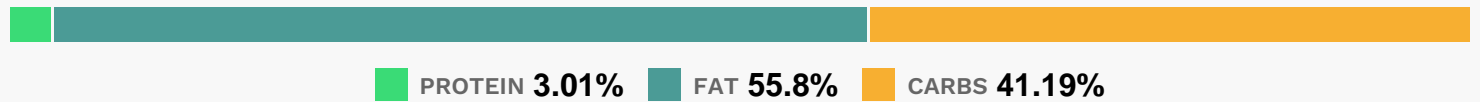
- frying pan
- sauce pan

oven

Directions

- Heat oven to 350°F.
- Arrange graham crackers in single layer in ungreased jelly roll pan, 15 1/2x10 1/2x1 inch.
- Heat brown sugar and butter to boiling in 2-quart saucepan. Boil 1 minute, stirring constantly; remove from heat. Stir in vanilla.
- Pour sugar mixture over crackers; spread evenly.
- Sprinkle with pecans.
- Bake 8 to 10 minutes or until bubbly; cool slightly.
- Cut between graham crackers into bars.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:3.78, Inflammation Score:-2, Nutrition Score:1.317826093215%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 97.03kcal (4.85%), Fat: 6.14g (9.45%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 10.2g (3.4%), Net Carbohydrates: 9.74g (3.54%), Sugar: 6.16g (6.84%), Cholesterol: 0mg (0%), Sodium: 92.02mg (4%), Alcohol: 0.03g (100%), Alcohol %: 0.19% (100%), Protein: 0.75g (1.49%), Manganese: 0.11mg (5.27%), Vitamin A: 170.43IU (3.41%), Phosphorus: 21.71mg (2.17%), Iron: 0.38mg (2.11%), Vitamin B1: 0.03mg (2.1%), Magnesium: 7.44mg (1.86%), Fiber: 0.46g (1.82%), Zinc: 0.24mg (1.6%), Copper: 0.03mg (1.58%), Vitamin B3: 0.3mg (1.49%), Vitamin B2: 0.02mg (1.27%), Calcium: 12.35mg (1.24%), Vitamin E: 0.18mg (1.19%)