



Salted Caramel-Pecan Bars

 Vegetarian

READY IN



65 min.

SERVINGS



12

CALORIES



303 kcal

SIDE DISH

Ingredients

- 1 cup brown sugar packed
- 0.8 cup butter
- 12 graham crackers whole
- 0.3 teaspoon kosher salt
- 1 cup pecans chopped
- 1 teaspoon vanilla extract
- 2 tablespoons whipping cream

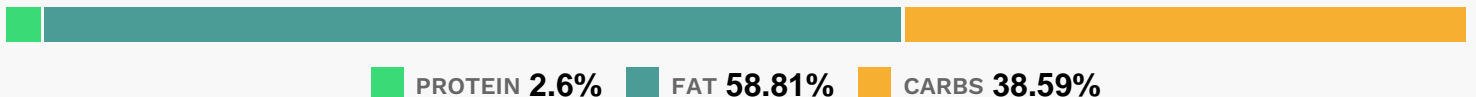
Equipment

- frying pan
- sauce pan
- oven
- wire rack
- aluminum foil

Directions

- Preheat oven to 35
- Bake pecans in a single layer in a shallow pan 10 to 12 minutes or until toasted and fragrant, stirring halfway through.
- Line a 15- x 10-inch jelly-roll pan with aluminum foil; lightly grease foil. Arrange graham crackers in a single layer in prepared pan, slightly overlapping edges.
- Combine sugar, butter, and cream in a medium-size heavy saucepan; bring to a boil over medium heat, stirring occasionally.
- Remove from heat, and stir in vanilla and pecans.
- Pour butter mixture over crackers, spreading to coat.
- Bake at 350 for 10 to 11 minutes or until lightly browned and bubbly.
- Immediately sprinkle with salt, and slide foil from pan onto a wire rack. Cool completely (about 30 minutes). Break into bars.
- Try This Twist!
- Chocolate-Pecan-Caramel Bars: Prepare recipe as directed through Step Top warm bars with 1 cup dark chocolate morsels.
- Let stand 3 minutes, and spread chocolate over bars. Proceed with recipe as directed in Step Chill 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:7.59, Inflammation Score:-3, Nutrition Score:4.0478260471769%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 302.98kcal (15.15%), Fat: 20.35g (31.31%), Saturated Fat: 8.65g (54.04%), Carbohydrates: 30.04g (10.01%), Net Carbohydrates: 28.69g (10.43%), Sugar: 21.49g (23.88%), Cholesterol: 33.33mg (11.11%), Sodium: 237.77mg (10.34%), Alcohol: 0.11g (100%), Alcohol %: 0.25% (100%), Protein: 2.03g (4.05%), Manganese: 0.42mg (21.07%), Vitamin A: 396.38IU (7.93%), Vitamin B1: 0.09mg (6.21%), Copper: 0.12mg (6.12%), Phosphorus: 59.05mg (5.9%), Fiber: 1.35g (5.39%), Magnesium: 21.4mg (5.35%), Iron: 0.94mg (5.25%), Zinc: 0.71mg (4.72%), Calcium: 37.76mg (3.78%), Vitamin B3: 0.66mg (3.32%), Vitamin B2: 0.06mg (3.25%), Vitamin E: 0.48mg (3.2%), Potassium: 92.69mg (2.65%), Folate: 9.15µg (2.29%), Vitamin B6: 0.04mg (2.1%), Vitamin K: 1.39µg (1.32%), Vitamin B5: 0.12mg (1.25%), Selenium: 0.78µg (1.12%)