



## Southern Chess Squares

READY IN



65 min.

SERVINGS



15

CALORIES



529 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup butter melted
- 4 cups confectioners' sugar
- 16 ounce cream cheese
- 1 eggs
- 2 eggs
- 1 cup pecans chopped
- 18.3 ounce duncan hines classic decadent cake mix yellow

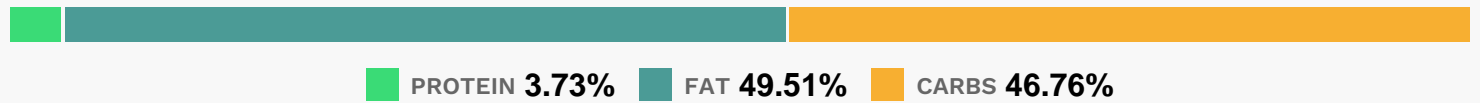
### Equipment

- bowl
- frying pan
- oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.
- Mix together the cake mix, melted butter and the egg. Stir in the chopped pecans. Press mixture into the bottom of the prepared pan. Set aside.
- In a large bowl, beat the cream cheese with the confectioners' sugar. Beat in the eggs one at a time until blended.
- Pour cream cheese mixture over crust.
- Bake in the preheated oven for 45 minutes. Cool in the pan, then cut into squares before serving.

## Nutrition Facts



## Properties

Glycemic Index:5.8, Glycemic Load:0.49, Inflammation Score:-5, Nutrition Score:7.0908694672196%

## Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

## Nutrients (% of daily need)

Calories: 528.55kcal (26.43%), Fat: 29.7g (45.7%), Saturated Fat: 15.17g (94.81%), Carbohydrates: 63.11g (21.04%), Net Carbohydrates: 62g (22.55%), Sugar: 47.69g (52.99%), Cholesterol: 95.81mg (31.94%), Sodium: 456.5mg (19.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.08%), Manganese: 0.4mg (20%), Phosphorus: 180.47mg (18.05%), Vitamin A: 835.89IU (16.72%), Vitamin B2: 0.21mg (12.36%), Calcium: 116.08mg (11.61%), Selenium: 6.96µg (9.94%), Vitamin B1: 0.14mg (9.26%), Folate: 32.36µg (8.09%), Vitamin E: 1.12mg (7.48%), Copper: 0.13mg (6.3%), Iron: 1.11mg (6.17%), Vitamin B5: 0.51mg (5.12%), Zinc: 0.7mg (4.69%), Vitamin B3: 0.92mg

(4.62%), Fiber: 1.11g (4.45%), Magnesium: 16.32mg (4.08%), Vitamin B6: 0.07mg (3.71%), Vitamin B12: 0.21µg (3.42%), Potassium: 102.34mg (2.92%), Vitamin K: 2.98µg (2.83%), Vitamin D: 0.18µg (1.17%)