



Triple Chip Toasted Pecan Bars

READY IN



58 min.

SERVINGS



16

CALORIES



254 kcal

BREAD

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.3 cup butterscotch morsels
- ☐ 0.8 cup chocolate chips dark
- ☐ 1 large eggs cold
- ☐ 1 cup flour all-purpose
- ☐ 1 cup brown sugar light packed
- ☐ 0.3 cup old fashioned oats
- ☐ 0.7 cup pecan halves
- ☐ 0.3 cup chips white

- ☐ 0.3 teaspoon salt plus a pinch
- ☐ 4 ounces butter unsalted
- ☐ 1 teaspoon vanilla extract

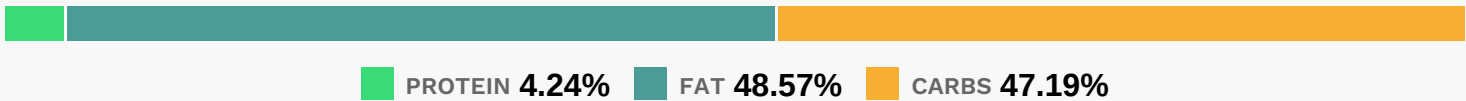
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F. Line an 8 inch square metal pan with nonstick foil.
- ☐ Put the pecan halves on a baking sheet and bake for 7 minutes or until toasty and aromatic.
- ☐ Let cool completely and chop. Meanwhile, in a large (3 quart) saucepan, melt the butter over medium heat.
- ☐ Add the brown sugar and stir well, then remove from heat and let mixture cool for 10 to 15 minutes. Stir in the vanilla and the cold egg. When egg is mixed in, stir in the baking powder and salt, followed by the flour and oats. If the batter is still warm, let it cool down a bit more before adding the chips and toasted pecans all at once.
- ☐ Spread the batter in the pan and bake one center rack for 28 minutes or until bars appear brown and shiny.
- ☐ Let cool completely. Lift from pan and slice into bars.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:7.43, Inflammation Score:-2, Nutrition Score:4.1821739155313%

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: 253.99kcal (12.7%), Fat: 13.92g (21.42%), Saturated Fat: 7.92g (49.49%), Carbohydrates: 30.43g (10.14%), Net Carbohydrates: 29.21g (10.62%), Sugar: 20.03g (22.26%), Cholesterol: 26.95mg (8.98%), Sodium: 97.42mg (4.24%), Alcohol: 0.09g (100%), Alcohol %: 0.2% (100%), Protein: 2.73g (5.47%), Manganese: 0.32mg (15.79%), Vitamin B1: 0.11mg (7.2%), Selenium: 4.89µg (6.99%), Calcium: 58.36mg (5.84%), Phosphorus: 52.75mg (5.27%), Folate: 20.07µg (5.02%), Fiber: 1.22g (4.89%), Vitamin B2: 0.08mg (4.88%), Iron: 0.86mg (4.76%), Copper: 0.09mg (4.63%), Zinc: 0.65mg (4.37%), Vitamin A: 197.2IU (3.94%), Potassium: 127.29mg (3.64%), Vitamin B3: 0.72mg (3.59%), Magnesium: 14.26mg (3.57%), Vitamin E: 0.43mg (2.89%), Vitamin B5: 0.25mg (2.49%), Vitamin B6: 0.04mg (2.15%), Vitamin K: 1.69µg (1.61%), Vitamin B12: 0.07µg (1.15%), Vitamin D: 0.17µg (1.13%)