



## Zucchini Bars with Browned Butter Frosting

READY IN



120 min.

SERVINGS



48

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 cups granulated sugar
- 1 cup vegetable oil
- 3 eggs
- 2 cups flour all-purpose
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon salt
- 1.5 teaspoons ground cinnamon
- 2 cups zucchini shredded ( 2 medium)
- 1.5 cups pecans chopped

- 48 cashew pieces
- 6 tablespoons butter (do not use margarine)
- 6 cups powdered sugar
- 1 teaspoon vanilla
- 8 tablespoons milk

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- hand mixer
- toothpicks

## Directions

- Heat oven to 350°F. Grease bottom and sides of 15x10x1-inch pan with shortening or spray with cooking spray.
- In large bowl, beat granulated sugar, oil and eggs with electric mixer on medium speed, or mix with spoon. Stir in flour, baking powder, salt and cinnamon. Stir in zucchini and pecans.
- Spread in pan.
- Bake 30 to 40 minutes or until toothpick inserted in center comes out clean and top is golden brown. Cool completely, about 1 hour.
- Meanwhile, in 4-quart saucepan, heat butter over medium heat until light golden brown; remove from heat. Stir in powdered sugar, vanilla and milk until smooth and spreadable.
- Spread Browned Butter Frosting on cooled bars. For bars, cut into 8 rows by 6 rows. Top each bar with pecan half.

## Nutrition Facts



PROTEIN 3.95%  FAT 31.91%  CARBS 64.14%

## Properties

Glycemic Index:6.88, Glycemic Load:7.44, Inflammation Score:-1, Nutrition Score:2.7178260658098%

## Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 160.56kcal (8.03%), Fat: 5.86g (9.01%), Saturated Fat: 0.9g (5.65%), Carbohydrates: 26.49g (8.83%), Net Carbohydrates: 25.89g (9.41%), Sugar: 21.42g (23.8%), Cholesterol: 10.53mg (3.51%), Sodium: 55.49mg (2.41%), Alcohol: 0.03g (100%), Alcohol %: 0.08% (100%), Protein: 1.63g (3.27%), Manganese: 0.24mg (11.78%), Vitamin B1: 0.07mg (4.98%), Selenium: 3.23µg (4.61%), Copper: 0.09mg (4.39%), Phosphorus: 36.16mg (3.62%), Vitamin B2: 0.06mg (3.33%), Folate: 13.21µg (3.3%), Iron: 0.52mg (2.9%), Magnesium: 11.33mg (2.83%), Vitamin K: 2.57µg (2.45%), Fiber: 0.6g (2.41%), Zinc: 0.34mg (2.29%), Vitamin B3: 0.39mg (1.96%), Vitamin A: 93.92IU (1.88%), Vitamin E: 0.23mg (1.54%), Calcium: 15.45mg (1.54%), Vitamin B6: 0.03mg (1.53%), Potassium: 52.04mg (1.49%), Vitamin B5: 0.13mg (1.29%), Vitamin C: 0.98mg (1.18%)