



Zucchini Bars with Browned Butter Frosting

READY IN



120 min.

SERVINGS



48

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 6 tablespoons butter (do not use margarine)
- 3 eggs
- 2 cups flour all-purpose
- 1.5 cups granulated sugar
- 1.5 teaspoons ground cinnamon
- 8 tablespoons milk
- 48 pecans
- 1.5 cups pecans chopped

- 6 cups powdered sugar
- 0.5 teaspoon salt
- 1 teaspoon vanilla
- 1 cup vegetable oil
- 2 cups zucchini shredded (2 medium)

Equipment

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

Directions

- Heat oven to 350F. 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 3.57% **FAT 33.5%** **CARBS 62.93%**

Properties

Glycemic Index:6.56, Glycemic Load:7.34, Inflammation Score:-1, Nutrition Score:2.6756521670715%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 161.94kcal (8.1%), Fat: 6.21g (9.55%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 26.23g (8.74%), Net Carbohydrates: 25.55g (9.29%), Sugar: 21.38g (23.76%), Cholesterol: 10.53mg (3.51%), Sodium: 55.31mg (2.4%), Alcohol: 0.03g (100%), Alcohol %: 0.08% (100%), Protein: 1.49g (2.98%), Manganese: 0.27mg (13.69%), Vitamin B1: 0.08mg (5.18%), Selenium: 2.98µg (4.26%), Copper: 0.07mg (3.59%), Vitamin B2: 0.06mg (3.39%), Folate: 13.14µg (3.29%), Phosphorus: 31.15mg (3.11%), Fiber: 0.69g (2.75%), Iron: 0.46mg (2.54%), Magnesium: 8.64mg (2.16%), Zinc: 0.32mg (2.13%), Vitamin K: 2.11µg (2.01%), Vitamin B3: 0.39mg (1.97%), Vitamin A: 94.71IU (1.89%), Calcium: 15.87mg (1.59%), Vitamin E: 0.24mg (1.58%), Potassium: 47.88mg (1.37%), Vitamin B6: 0.03mg (1.36%), Vitamin B5: 0.13mg (1.28%), Vitamin C: 0.98mg (1.19%)