

Apricot Pecan Bars

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

1 tube (8 ounce) refrigerated crescent rolls
1 1/2 cups chopped pecans, divided
3/4 cup confectioner's sugar
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1 jar (12 ounce) apricot preserves
3/4 cup all-purpose flour
1/2 cup packed brown sugar
1/2 cup cold butter or margarine
1 cup flaked coconut

Preheat the oven to 375 degrees.

Unroll the crescent dough into a rectangle. Press into a greased 13x9-inch baking pan.

Sprinkle the dough with one cup of pecans, confectioner's sugar, cinnamon and nutmeg. Drop the preserves on the top.

In a bowl, combine the flour and brown sugar. Cut in the butter. Add the coconut and the remaining pecans. Sprinkle over the preserves.

Bake for 25 to 30 minutes or until golden brown.

Cool on a wire rack before cutting.

Per Serving (excluding unknown items): 2350 Calories; 122g Fat (44.8% calories from fat); 24g Protein; 315g Carbohydrate; 17g Dietary Fiber; 0mg Cholesterol; 56mg Sodium. Exchanges: 7 Grain(Starch); 1 Lean Meat; 23 1/2 Fat; 14 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	2350	Vitamin B6 (mg):	.4mg
% Calories from Fat:	44.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	51.3%	Thiamin B1 (mg):	2.2mg
% Calories from Protein:	3.9%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	122g	Folacin (mcg):	223mcg
Saturated Fat (g):	10g	Niacin (mg):	7mg
Monounsaturated Fat (g):	75g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	30g	Alcohol (kcal):	0

Cholesterol (mg):	0mg
Carbohydrate (g):	315g
Dietary Fiber (g):	17g
Protein (g):	24g
Sodium (mg):	56mg
Potassium (mg):	1206mg
Calcium (mg):	192mg
Iron (mg):	11mg
Zinc (mg):	11mg
Vitamin C (mg):	6mg
Vitamin A (i.u.):	273IU
Vitamin A (r.e.):	28RE

% Refuse: 0.0%

Food Exchanges

Grain (Starch):	7
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	23 1/2
Other Carbohydrates:	14

Nutrition Facts

Amount Per Serving

Calories 2350 **Calories from Fat:** 1052

% Daily Values*

Total Fat 122g	188%
Saturated Fat 10g	50%
Cholesterol 0mg	0%
Sodium 56mg	2%
Total Carbohydrates 315g	105%
Dietary Fiber 17g	68%
Protein 24g	
Vitamin A	5%
Vitamin C	9%
Calcium	19%
Iron	60%

* Percent Daily Values are based on a 2000 calorie diet.