

Glazed Spice Bars

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

Yield: 48 bars

3/4 cup vegetable oil
1/4 cup honey
1 cup sugar
1 egg
2 cups all-purpose flour
1/2 teaspoon salt
1 teaspoon soda
1 teaspoon ground cinnamon
1 cup pecans, chopped
1 cup confectioner's sugar
1 teaspoon vanilla
1 tablespoon mayonnaise
1 tablespoon water

Preheat the oven to 350 degrees.

In a bowl, combine the oil, honey, sugar, egg, flour, salt, soda, cinnamon and pecans. Mix well, the batter will be stiff.

Pack the batter into a 13x9-inch ungreased pan.

Bake for 25 to 30 minutes.

For the glaze: In a bowl, combine the confectioner's sugar, vanilla, mayonnaise and water.

Spread on the bars. Cut into about 48 squares.

Per Serving (excluding unknown items): 4765 Calories; 256g Fat (47.2% calories from fat); 41g Protein; 603g Carbohydrate; 16g Dietary Fiber; 217mg Cholesterol; 1228mg Sodium. Exchanges: 14 Grain(Starch); 1 1/2 Lean Meat; 48 Fat; 26 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	4765	Vitamin B6 (mg):	.5mg
% Calories from Fat:	47.2%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	49.4%	Thiamin B1 (mg):	2.9mg
% Calories from Protein:	3.4%	Riboflavin B2 (mg):	1.6mg
Total Fat (g):	256g	Folacin (mcg):	455mcg
Saturated Fat (g):	28g	Niacin (mg):	16mg
Monounsaturated Fat (g):	148g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	60g	Alcohol (kcal):	13
Cholesterol (mg):	217mg	% Refuse:	0.0%

Carbohydrate (g):	603g
Dietary Fiber (g):	16g
Protein (g):	41g
Sodium (mg):	1228mg
Potassium (mg):	824mg
Calcium (mg):	148mg
Iron (mg):	16mg
Zinc (mg):	9mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	427IU
Vitamin A (r.e.):	92 1/2RE

Food Exchanges

Grain (Starch):	14
Lean Meat:	1 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	48
Other Carbohydrates:	26

Nutrition Facts

Amount Per Serving

Calories 4765 **Calories from Fat:** 2249

% Daily Values*

Total Fat 256g	394%
Saturated Fat 28g	142%
Cholesterol 217mg	72%
Sodium 1228mg	51%
Total Carbohydrates 603g	201%
Dietary Fiber 16g	65%
Protein 41g	
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Vitamin A	9%
Vitamin C	5%
Calcium	15%
Iron	91%

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