

A single serving of this recipe has 343 calories.

## Nutrition Facts

Serving size: 1 slice

Servings: 8

Amount per serving

**Calories** **343**

% Daily Value\*

**Total Fat** 21.4g **27%**

Saturated Fat 6.3g **32%**

**Cholesterol** 85mg **28%**

**Sodium** 1997mg **87%**

**Total Carbohydrate** 32.9g **12%**

Dietary Fiber 2.6g **9%**

Total Sugars 26.6g

**Protein** 4.8g

Vitamin D 10mcg **49%**

Calcium 27mg **2%**

Iron 2mg **10%**

Potassium 139mg **3%**

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**

## Ingredients:

- sugar
- dark corn syrup
- eggs
- unsalted butter
- vanilla extract
- pecan halves
- sweetened coconut flakes
- tsp salt