



Almond, Apricot and White Chocolate Decadence Bars

READY IN



215 min.

SERVINGS



36

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 17.5 oz sugar cookie mix
- 0.5 cup butter melted
- 0.5 teaspoon almond extract
- 1 eggs slightly beaten
- 1 package almond paste (7) (not marzipan)
- 0.5 cup sugar
- 6 oz apricot dried finely chopped
- 6 oz cream cheese softened

- 2 eggs
- 1 teaspoon juice of lemon
- 12 oz peppermint candies white (2 cups)
- 0.7 cup whipping cream
- 0.5 cup almonds sliced

Equipment

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

Directions

- Heat oven to 375°F. In large bowl, stir cookie base ingredients until soft dough forms.
- Spread dough in bottom of ungreased 13x9-inch pan.
- Bake 10 to 15 minutes or until set. Cool 10 minutes.
- Meanwhile, in large bowl, beat almond paste and sugar with electric mixer on low speed until crumbly but blended.
- Add apricots; beat on low speed just until combined.
- Add cream cheese, 2 eggs and the lemon juice; beat on medium speed until well blended.
- Pour over warm cookie base.
- Bake 20 to 25 minutes or until set. Cool 30 minutes.
- Place baking chips in small bowl. In 1-quart saucepan, heat whipping cream just to boiling over low heat, stirring occasionally; pour over baking chips.
- Let stand 1 minute. Stir until chips are melted and mixture is smooth.
- Pour and spread over filling.
- Sprinkle with almonds. Refrigerate about 2 hours or until set. For bars, cut into 9 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts

PROTEIN 4.6% FAT 48.6% CARBS 46.8%

Properties

Glycemic Index:3.9, Glycemic Load:2.89, Inflammation Score:-3, Nutrition Score:2.0008695449518%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 194.69kcal (9.73%), Fat: 10.79g (16.6%), Saturated Fat: 5.46g (34.12%), Carbohydrates: 23.39g (7.8%), Net Carbohydrates: 22.88g (8.32%), Sugar: 17.45g (19.39%), Cholesterol: 23.39mg (7.8%), Sodium: 96.72mg (4.21%), Alcohol: 0.02g (100%), Alcohol %: 0.05% (100%), Protein: 2.3g (4.6%), Vitamin A: 431.13IU (8.62%), Vitamin E: 0.75mg (5.02%), Vitamin B2: 0.06mg (3.56%), Calcium: 30.79mg (3.08%), Selenium: 1.84µg (2.63%), Phosphorus: 25.18mg (2.52%), Potassium: 81.35mg (2.32%), Manganese: 0.04mg (2.12%), Fiber: 0.51g (2.03%), Copper: 0.03mg (1.69%), Iron: 0.3mg (1.66%), Magnesium: 6.28mg (1.57%), Folate: 5.64µg (1.41%), Vitamin B5: 0.13mg (1.28%), Vitamin B3: 0.24mg (1.18%), Vitamin B1: 0.02mg (1.03%)