

Almond Bars I

READY IN



45 min.

SERVINGS



24

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon almond extract
- 0.5 cup blanched slivered almonds
- 0.8 cup butter
- 0.5 cup coconut or flaked
- 2 egg whites
- 2 egg yolks
- 2 cups flour all-purpose
- 0.5 cup any flavor fruit jam
- 0.3 teaspoon salt

0.3 cup sugar white

Equipment

bowl

oven

baking pan

Directions

Preheat oven to 400 degrees F (200 degrees C).

In a medium bowl, stir together the flour, 1/2 cup sugar and salt. Make a well in the center and add the egg yolks and butter. Work into the dry ingredients with your hands until well blended. Press dough into an unprepared 9x9 inch baking pan.

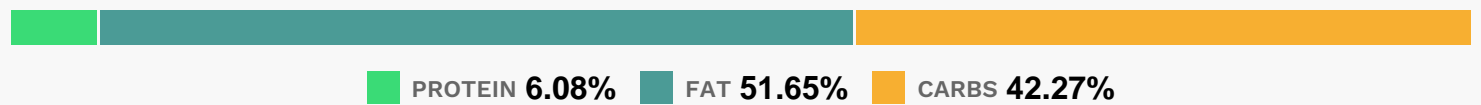
Bake 15 to 20 minutes in the preheated oven. When the crust cools a little bit, spread with the jam or jelly, and set aside.

In a clean bowl, whip the egg whites until they reach soft peaks. Gradually add the remaining 1/4 cup of sugar, then the almond extract. Continue to whip until the whites hold stiff peaks and sugar is dissolved. Fold in the coconut and spread the mixture over the jam layer.

Sprinkle the almonds over the top, and return to the oven.

Bake for 8 to 10 more minutes until the top is lightly browned. Cool slightly and cut into bars.

Nutrition Facts



Properties

Glycemic Index:10.42, Glycemic Load:9.85, Inflammation Score:-2, Nutrition Score:3.1265217635943%

Nutrients (% of daily need)

Calories: 147.7kcal (7.39%), Fat: 8.59g (13.22%), Saturated Fat: 4.91g (30.68%), Carbohydrates: 15.82g (5.27%), Net Carbohydrates: 14.95g (5.44%), Sugar: 5.81g (6.46%), Cholesterol: 31.45mg (10.48%), Sodium: 78.29mg (3.4%), Alcohol: 0.01g (100%), Alcohol %: 0.05% (100%), Protein: 2.28g (4.55%), Manganese: 0.17mg (8.26%), Selenium: 5.5µg (7.85%), Vitamin B1: 0.09mg (6.09%), Folate: 23.61µg (5.9%), Vitamin B2: 0.1mg (5.67%), Vitamin E: 0.76mg (5.07%), Vitamin A: 199.06IU (3.98%), Iron: 0.7mg (3.87%), Vitamin B3: 0.71mg (3.57%), Phosphorus: 35mg (3.5%), Fiber: 0.87g (3.48%), Copper: 0.06mg (3.06%), Magnesium: 10.7mg (2.67%), Zinc: 0.22mg (1.48%), Potassium:

48.56mg (1.39%), Vitamin B5: 0.13mg (1.26%), Calcium: 12.6mg (1.26%)