

Almond Bars II

 Vegetarian

READY IN



25 min.

SERVINGS



48

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup almonds sliced
- 1 cup brown sugar
- 0.8 cup butter
- 12 graham crackers
- 1 teaspoon vanilla extract

Equipment

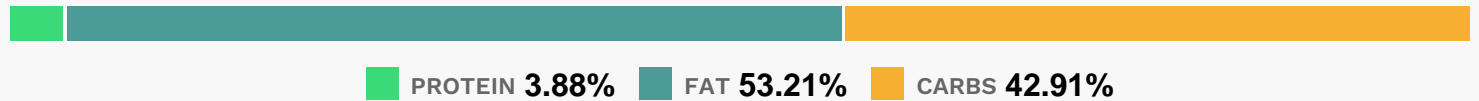
- frying pan
- sauce pan

oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 10x15 inch jelly roll pan.
- Break graham crackers into 4 pieces and arrange them touching on the prepared jelly roll pan.
- Sprinkle the sliced almonds over the crackers. In a small saucepan, melt butter. When butter is melted, stir in the brown sugar and vanilla until smooth and remove from heat.
- Pour the butter mixture evenly over the graham crackers in the pan.
- Bake for 8 to 10 minutes in the preheated oven. Watch carefully so that the edges do not burn.
- Cut bars while still warm and remove from pan. If the bars are stuck, put the pan into the warm oven for a minute to loosen.

Nutrition Facts



Properties

Glycemic Index:2.79, Glycemic Load:1.9, Inflammation Score:-1, Nutrition Score:1.0443478087368%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 69.03kcal (3.45%), Fat: 4.18g (6.44%), Saturated Fat: 1.95g (12.19%), Carbohydrates: 7.59g (2.53%), Net Carbohydrates: 7.23g (2.63%), Sugar: 5.35g (5.94%), Cholesterol: 7.63mg (2.54%), Sodium: 47.18mg (2.05%), Alcohol: 0.03g (100%), Alcohol %: 0.27% (100%), Protein: 0.69g (1.37%), Vitamin E: 0.57mg (3.82%), Manganese: 0.05mg (2.35%), Magnesium: 7.73mg (1.93%), Vitamin B2: 0.03mg (1.86%), Vitamin A: 88.66IU (1.77%), Phosphorus: 17.33mg (1.73%), Fiber: 0.36g (1.43%), Iron: 0.25mg (1.38%), Calcium: 12.59mg (1.26%), Copper: 0.02mg (1.15%), Vitamin B3: 0.21mg (1.04%)