



Almond Cookie Bar

READY IN



45 min.

SERVINGS



22

CALORIES



259 kcal

DESSERT

Ingredients

- 35 g almonds
- 22 servings apricot preserves as needed
- 25 g brown sugar
- 25 g brown sugar
- 50 g butter cold
- 22 servings grands flaky refrigerator biscuits
- 1 tbsp milk fresh
- 20 g oatmeal cornflakes crushed
- 100 g flour plain

80 g flour

Equipment

bowl

oven

spatula

palette knife

Directions

Beat butter and sugar until light and fluffy. In a bowl combine wholemeal flour and plain flour together, then mix in the butter mixture with a rubber spatula and knead gently to a soft dough. Turn out the dough on to a flour surface or line with a plastic sheet below and with another plastic sheet on top. Then roll to a square. Chill for at least 1 hour.

Transfer the dough on a non grease paper and cover with a plastic sheet on top, then roll to dough to about 3mm thick. Prick the dough with a fork and bake for about 15–18 minutes until brown at preheated oven 180C and leave biscuit to cool.

Spread the apricot jam over the top of the biscuit, set aside.

Mix topping ingredients and spread evenly on the biscuit with a palette knife.

Bake for 15 minutes until golden.

Remove cooked biscuit from the oven and leave to cool completely, then cut into bars.

Nutrition Facts



Properties

Glycemic Index:10.77, Glycemic Load:13.74, Inflammation Score:-3, Nutrition Score:5.1408695652174%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg,

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 259.03kcal (12.95%), Fat: 10.17g (15.65%), Saturated Fat: 3.54g (22.09%), Carbohydrates: 40.2g (13.4%), Net Carbohydrates: 39.04g (14.19%), Sugar: 17.15g (19.05%), Cholesterol: 4.97mg (1.66%), Sodium: 129.16mg (5.62%), Protein: 3.04g (6.09%), Manganese: 0.35mg (17.3%), Vitamin B1: 0.17mg (11.25%), Folate: 36.83µg (9.21%), Vitamin B2: 0.15mg (9.08%), Iron: 1.61mg (8.96%), Selenium: 6.13µg (8.75%), Vitamin B3: 1.6mg (7.99%), Vitamin E: 1.2mg (7.99%), Phosphorus: 46.88mg (4.69%), Fiber: 1.16g (4.66%), Copper: 0.09mg (4.3%), Magnesium: 15.68mg (3.92%), Vitamin K: 3.32µg (3.17%), Vitamin B6: 0.06mg (3.03%), Vitamin A: 139.56IU (2.79%), Vitamin C: 1.95mg (2.36%), Zinc: 0.34mg (2.27%), Potassium: 75.88mg (2.17%), Calcium: 17.15mg (1.72%), Vitamin B5: 0.15mg (1.48%)