



Almond-Raspberry Meringue Bars

 Vegetarian

READY IN



65 min.

SERVINGS



36

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon almond extract
- 7 ounces almond paste
- 0.5 cup brown sugar packed
- 1 cup butter softened
- 0.5 cup coconut or flaked
- 1 eggs
- 3 egg whites
- 2 cups flour all-purpose

- 0.8 cup raspberry jam red seedless
- 0.5 cup sugar white

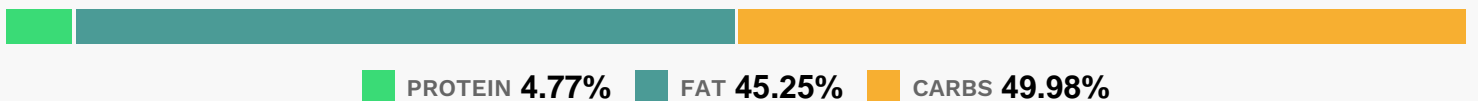
Equipment

- bowl
- frying pan
- oven
- knife
- baking pan
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C). Line a 9x13 inch baking pan with greased aluminum foil.
- To make the Crust: In a large bowl, mix together the butter, almond paste, and brown sugar until smooth. Beat in one egg and the almond extract.
- Mix in the flour and stir until well blended.
- Bake 20 to 25 minutes, or until golden. Cool slightly, and spread the raspberry preserves over the crust.
- In a large glass or metal bowl, whip egg whites until they form soft peaks. Gradually beat in 1/2 cup sugar until peaks become stiff.
- Spread the meringue over the jam and sprinkle with coconut.
- Bake 15 to 20 minutes, or until firm.
- Let cool on wire racks. Lift foil from pan and cut bars with a sharp knife.

Nutrition Facts



Properties

Glycemic Index:6.95, Glycemic Load:8.42, Inflammation Score:-2, Nutrition Score:2.5965217455574%

Nutrients (% of daily need)

Calories: 148.73kcal (7.44%), Fat: 7.61g (11.7%), Saturated Fat: 4.11g (25.7%), Carbohydrates: 18.9g (6.3%), Net Carbohydrates: 18.17g (6.61%), Sugar: 11.31g (12.56%), Cholesterol: 18.1mg (6.03%), Sodium: 50.66mg (2.2%), Alcohol: 0.02g (100%), Alcohol %: 0.07% (100%), Protein: 1.8g (3.61%), Manganese: 0.13mg (6.63%), Vitamin E: 0.92mg (6.14%), Selenium: 3.94µg (5.62%), Vitamin B2: 0.08mg (4.88%), Folate: 18.51µg (4.63%), Vitamin B1: 0.06mg (4.12%), Vitamin A: 164.18IU (3.28%), Phosphorus: 29.93mg (2.99%), Iron: 0.53mg (2.96%), Fiber: 0.72g (2.89%), Copper: 0.05mg (2.73%), Magnesium: 10.87mg (2.72%), Vitamin B3: 0.51mg (2.54%), Calcium: 17.19mg (1.72%), Potassium: 48.08mg (1.37%), Zinc: 0.18mg (1.21%)