



Almond Squares I

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup almonds chopped
- ☐ 0.5 cup brown sugar packed
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup shortening
- ☐ 1 ounce chocolate unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

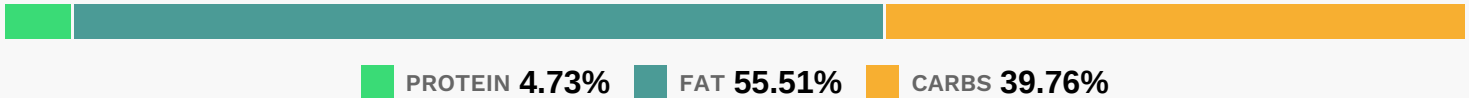
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ double boiler
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F. Grease a 9 inch square baking pan.
- ☐ To make crust: In a large bowl, cream shortening, white sugar and brown sugar. Separate egg and beat in yolk and vanilla, stirring until well blended. Slowly add in the flour and blend well.
- ☐ Mixture will be stiff.
- ☐ Press dough evenly into baking pan.
- ☐ Bake for 18 to 20 minutes, or until top is golden brown.
- ☐ Melt the chocolate in a double boiler over low heat.
- ☐ Spread the melted chocolate over warm crust.
- ☐ Sprinkle top with almonds.
- ☐ Let cool on wire rack before cutting.

Nutrition Facts



Properties

Glycemic Index:6.46, Glycemic Load:8.69, Inflammation Score:-1, Nutrition Score:3.3847825747469%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin:

0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg 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: 173.15kcal (8.66%), Fat: 10.94g (16.82%), Saturated Fat: 2.7g (16.9%), Carbohydrates: 17.63g (5.88%), Net Carbohydrates: 16.78g (6.1%), Sugar: 8.8g (9.78%), Cholesterol: 6.82mg (2.27%), Sodium: 4.81mg (0.21%), Alcohol: 0.06g (100%), Alcohol %: 0.21% (100%), Protein: 2.1g (4.19%), Manganese: 0.19mg (9.62%), Vitamin E: 1.32mg (8.78%), Selenium: 4.39µg (6.27%), Vitamin B1: 0.09mg (6.14%), Vitamin B2: 0.1mg (5.64%), Folate: 21.61µg (5.4%), Iron: 0.87mg (4.85%), Vitamin K: 4.7µg (4.47%), Copper: 0.09mg (4.39%), Vitamin B3: 0.75mg (3.73%), Magnesium: 14.85mg (3.71%), Phosphorus: 34.13mg (3.41%), Fiber: 0.85g (3.4%), Zinc: 0.31mg (2.03%), Calcium: 15.75mg (1.57%), Vitamin B5: 0.15mg (1.54%), Potassium: 51.74mg (1.48%)