



## Apricot-Caramel-Coconut Bars

 Vegetarian

READY IN



180 min.

SERVINGS



36

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup apricot preserves
- 1 cup butter cold cut into pieces
- 0.3 cup mrs richardson's butterscotch caramel sauce
- 0.8 cup coconut or shredded
- 2 cups flour all-purpose
- 0.5 cup granulated sugar
- 1 cup slivered almonds

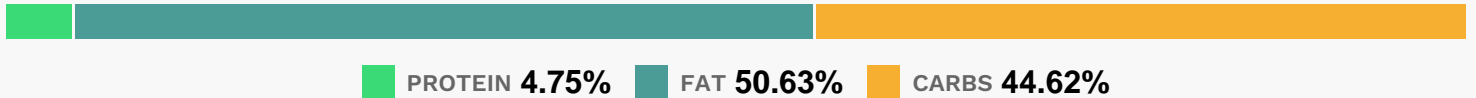
### Equipment

- food processor
- bowl
- frying pan
- oven

## Directions

- Heat oven to 350F. In food processor bowl with metal blade, place almonds. Cover; process, using quick on-and-off motions, until finely chopped.
- Add flour, sugar and butter. Cover; process; using quick on-and-off motions, until mixture looks like coarse crumbs.
- In bottom of ungreased 13x9-inch pan, evenly press half of crumb mixture (about 2 1/2 cups).
- In medium bowl, mix preserves, caramel topping and coconut.
- Spread over crumb mixture to within 1/2 inch of edges.
- Sprinkle remaining crumb mixture evenly over apricot mixture to edges of pan.
- Bake 40 to 50 minutes or until edges are golden brown. Cool completely, about 2 hours. For bars, cut into 6 rows by 6 rows.

## Nutrition Facts



## Properties

Glycemic Index:5.97, Glycemic Load:5.81, Inflammation Score:-2, Nutrition Score:2.4282608764327%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg 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: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 124.88kcal (6.24%), Fat: 7.26g (11.17%), Saturated Fat: 3.86g (24.13%), Carbohydrates: 14.4g (4.8%), Net Carbohydrates: 13.66g (4.97%), Sugar: 7.07g (7.86%), Cholesterol: 13.56mg (4.52%), Sodium: 50.84mg (2.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.07%), Manganese: 0.14mg (7.23%), Vitamin E: 0.93mg (6.21%), Vitamin B2: 0.07mg (4.29%), Vitamin B1: 0.06mg (4.14%), Selenium: 2.88µg (4.12%), Folate: 14.76µg (3.69%), Vitamin A: 172.96IU (3.46%), Fiber: 0.73g (2.93%), Iron: 0.51mg (2.83%), Copper: 0.05mg (2.75%), Vitamin B3: 0.53mg (2.66%), Magnesium: 10.65mg (2.66%), Phosphorus: 26.34mg (2.63%), Calcium: 13.23mg (1.32%), Potassium: 43.36mg (1.24%), Zinc: 0.17mg (1.14%)