



## Apricot-Ginger Cookie Bars

 Gluten Free

READY IN



120 min.

SERVINGS



9

CALORIES



391 kcal

DESSERT

### Ingredients

- 17.5 oz betty limited edition gingerbread cookie mix
- 0.5 cup butter softened
- 1 eggs
- 1 tablespoon water
- 0.7 cup apricot preserves
- 0.3 cup peppermint candies white
- 0.3 cup almonds sliced

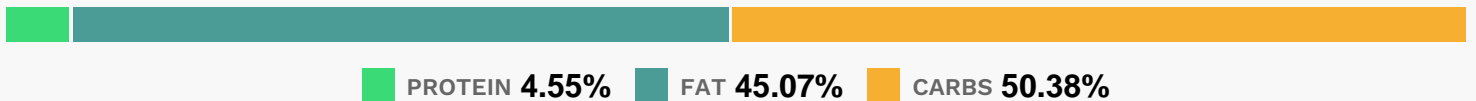
### Equipment

- bowl
- frying pan
- baking paper
- oven
- wire rack

## Directions

- Heat oven to 375°F. Line 8- or 9-inch square pan with cooking parchment paper; spray paper with cooking spray.
- In medium bowl, stir cookie mix, butter, egg and water until soft dough forms.
- Press half of the dough in pan.
- Spread jam evenly over dough.
- Sprinkle with white chips. Gently press remaining dough over jam and chips. Top with almonds.
- Bake 25 to 35 minutes or until set and lightly browned. Cool completely in pan on cooling rack.
- Cut into 3 rows by 3 rows.

## Nutrition Facts



## Properties

Glycemic Index:6.67, Glycemic Load:0.03, Inflammation Score:-6, Nutrition Score:17.842173866604%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg 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: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 390.72kcal (19.54%), Fat: 21.98g (33.81%), Saturated Fat: 12.93g (80.81%), Carbohydrates: 55.26g (18.42%), Net Carbohydrates: 46.73g (16.99%), Sugar: 17g (18.89%), Cholesterol: 45.3mg (15.1%), Sodium: 129.25mg (5.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5g (9.99%), Manganese: 8.8mg (440.03%), Iron: 11.13mg (61.85%), Calcium: 405.28mg (40.53%), Fiber: 8.53g (34.12%), Magnesium: 83.43mg (20.86%), Vitamin C: 14.44mg (17.5%), Vitamin K: 16.55µg (15.76%), Copper: 0.31mg (15.72%), Vitamin E: 2.08mg (13.9%), Vitamin B6: 0.24mg (11.81%), Potassium: 407.47mg (11.64%), Vitamin A: 521.38IU (10.43%), Selenium: 7.21µg (10.3%), Zinc: 1.47mg (9.81%), Phosphorus: 90.57mg (9.06%), Vitamin B2: 0.14mg (7.95%), Vitamin B3: 1.34mg (6.72%), Vitamin B1: 0.08mg (5.34%), Folate: 17.21µg (4.3%), Vitamin B12: 0.06µg (1.08%), Vitamin B5: 0.1mg (1.04%)