



Apricot Shortbread Bars

 Dairy Free

READY IN



75 min.

SERVINGS



24

CALORIES



219 kcal

DESSERT

Ingredients

- ☐ 0.7 cup butter softened
- ☐ 4 teaspoons cornstarch
- ☐ 1.5 cups apricots dried chopped
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons lemon zest grated
- ☐ 1 cup brown sugar light packed
- ☐ 1 cup walnuts chopped
- ☐ 1.5 cups sugar white

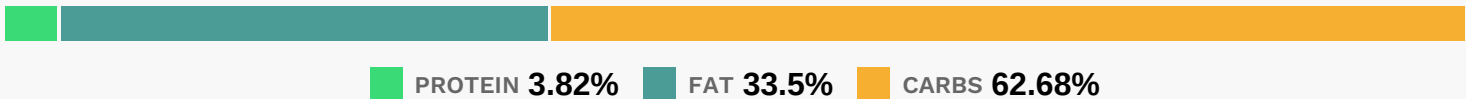
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). In a medium bowl, stir together the flour and sugar.
- ☐ Cut in butter until the mixture resembles coarse crumbs. Press into the bottom of a 9x13 inch pan.
- ☐ Bake for 12 to 15 minutes in the preheated oven, or until firm. While the crust is baking, place apricots in a saucepan with enough water to cover. Bring to a boil, and cook for 10 minutes.
- ☐ Drain, reserving 1/2 cup of the liquid. Return the apricots and reserved liquid to the pan, and stir in the lemon zest.
- ☐ Mix together the sugar and cornstarch, and stir into the apricot mixture. Bring to a boil, and boil for 1 minute.
- ☐ Remove from heat and allow to cool.
- ☐ Spread onto the prepared crust, and sprinkle the walnuts over.
- ☐ Bake for 20 to 25 minutes in the preheated oven, or until firm to the touch. Cool completely before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:8.27, Glycemic Load:16.05, Inflammation Score:-4, Nutrition Score:3.9395652264357%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 219.02kcal (10.95%), Fat: 8.44g (12.98%), Saturated Fat: 1.37g (8.56%), Carbohydrates: 35.53g (11.84%),
Net Carbohydrates: 34.31g (12.48%), Sugar: 25.87g (28.74%), Cholesterol: 0mg (0%), Sodium: 63.31mg (2.75%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.33%), Manganese: 0.26mg (13.16%), Vitamin A: 519.43IU
(10.39%), Vitamin B1: 0.1mg (6.69%), Copper: 0.13mg (6.29%), Folate: 24.83µg (6.21%), Selenium: 4.14µg (5.92%),
Iron: 0.92mg (5.09%), Fiber: 1.22g (4.89%), Vitamin B3: 0.89mg (4.46%), Vitamin B2: 0.07mg (4.1%), Potassium:
142.26mg (4.06%), Vitamin E: 0.59mg (3.92%), Phosphorus: 35.77mg (3.58%), Magnesium: 13.64mg (3.41%),
Vitamin B6: 0.05mg (2.35%), Calcium: 20.66mg (2.07%), Zinc: 0.26mg (1.73%), Vitamin B5: 0.13mg (1.33%)