

Apricot Squares

 Vegetarian

READY IN



75 min.

SERVINGS



32

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 cup brown sugar packed
- 0.5 cup butter softened
- 0.3 cup powdered sugar for decoration
- 0.7 cup apricot dried
- 2 eggs
- 0.3 cup flour all-purpose sifted
- 0.3 teaspoon salt

- 0.5 teaspoon vanilla extract
- 0.5 cup walnut pieces chopped
- 0.3 cup granulated sugar white

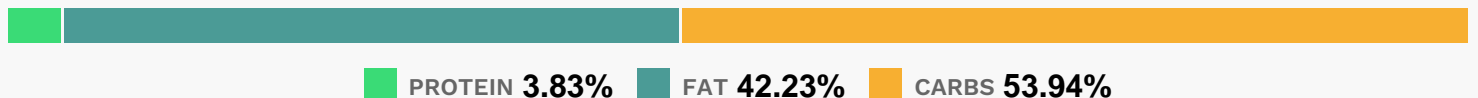
Equipment

- bowl
- frying pan
- sauce pan
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease an 8x8-inch square pan.
- Place apricots and enough water to cover in a small saucepan over medium heat. Bring to a boil, and boil for 10 minutes.
- Drain and cool, then chop coarsely.
- Cream together the butter, 1/4 cup sugar, and 1 cup flour until crumbly.
- Sprinkle the mixture into the prepared pan, and pack down.
- Bake in the preheated oven until firm and slightly golden, 20 to 25 minutes.
- In a large bowl, mix together the eggs and brown sugar until well blended.
- Combine 1/3 cup flour, baking powder, and salt. Stir into the egg mixture.
- Mix in vanilla, walnuts and apricots.
- Spread mixture over baked layer.
- Bake for 25 to 30 minutes in the preheated oven, or until firm.
- Let cool on wire racks.
- Cut into bars and dip in confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:10.64, Glycemic Load:2.35, Inflammation Score:-1, Nutrition Score:1.4182608722021%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg

Nutrients (% of daily need)

Calories: 89.8kcal (4.49%), Fat: 4.36g (6.71%), Saturated Fat: 2.02g (12.65%), Carbohydrates: 12.53g (4.18%), Net Carbohydrates: 12.18g (4.43%), Sugar: 10.97g (12.19%), Cholesterol: 17.86mg (5.95%), Sodium: 53.81mg (2.34%), Alcohol: 0.02g (100%), Alcohol %: 0.12% (100%), Protein: 0.89g (1.78%), Manganese: 0.08mg (4.16%), Vitamin A: 201.46IU (4.03%), Copper: 0.05mg (2.29%), Selenium: 1.57µg (2.24%), Phosphorus: 17.6mg (1.76%), Iron: 0.29mg (1.62%), Vitamin E: 0.24mg (1.61%), Potassium: 54.83mg (1.57%), Calcium: 15.29mg (1.53%), Vitamin B2: 0.03mg (1.5%), Folate: 5.91µg (1.48%), Fiber: 0.36g (1.42%), Magnesium: 5.09mg (1.27%), Vitamin B1: 0.02mg (1.21%), Vitamin B6: 0.02mg (1.09%)