



BAKER'S ONE BOWL Raspberry-Coconut Bars

 Dairy Free

READY IN



60 min.

SERVINGS



16

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 eggs
- 7 oz baker's angel flake coconut (2-)
- 1.3 cups flour
- 0.5 cup butter cold
- 0.3 cup raspberry preserves red
- 0.3 tsp salt
- 0.5 cup sugar
- 3 Tbsp water cold

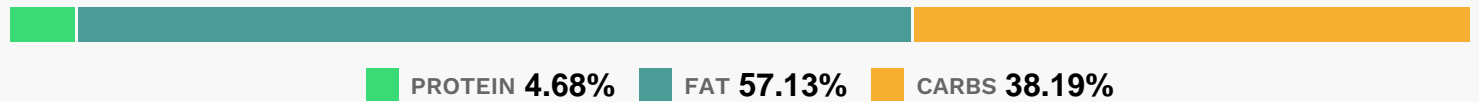
Equipment

- bowl
- frying pan
- oven
- blender

Directions

- Heat oven to 425F.
- Mix flour and salt in medium bowl.
- Cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs. Gradually stir in water with fork until blended; press onto bottom of 8-inch square pan.
- Bake 20 min. or until lightly browned. Reduce oven temperature to 350F.
- Beat eggs in same bowl with mixer on high speed until frothy. Gradually beat in sugar until thick and lemon colored. Stir in coconut.
- Spread preserves over crust to within 1/4 inch of edges; cover with coconut mixture.
- Bake 25 min. or until golden brown. Cool completely before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:12.51, Glycemic Load:12.4, Inflammation Score:-3, Nutrition Score:4.5078261164219%

Nutrients (% of daily need)

Calories: 220.03kcal (11%), Fat: 14.36g (22.09%), Saturated Fat: 8.47g (52.93%), Carbohydrates: 21.59g (7.2%), Net Carbohydrates: 19.23g (6.99%), Sugar: 10.63g (11.81%), Cholesterol: 20.46mg (6.82%), Sodium: 118.29mg (5.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.29%), Manganese: 0.41mg (20.59%), Selenium: 7.47µg (10.68%), Fiber: 2.36g (9.45%), Copper: 0.12mg (6.24%), Vitamin B1: 0.09mg (5.88%), Vitamin A: 283.44IU (5.67%), Folate: 22.42µg (5.61%), Vitamin B2: 0.09mg (5.59%), Iron: 1mg (5.55%), Phosphorus: 49.96mg (5%), Magnesium: 14.5mg (3.62%), Vitamin B3: 0.66mg (3.3%), Potassium: 93.95mg (2.68%), Vitamin B6: 0.05mg (2.65%), Zinc: 0.39mg (2.63%), Vitamin B5: 0.23mg (2.34%), Vitamin E: 0.35mg (2.31%), Calcium: 11.48mg (1.15%)