



Baklava Bars

 Dairy Free

READY IN



170 min.

SERVINGS



24

CALORIES



236 kcal

DESSERT

Ingredients

- 1 tablespoon brown sugar packed
- 0.3 cup butter softened
- 0.5 cup butter softened
- 2 tablespoons butter softened
- 1 eggs
- 8 athens phyllo shells frozen mini (from 2.1-oz package)
- 0.3 cup granulated sugar
- 0.3 teaspoon ground cinnamon

- 1 teaspoon ground cinnamon
- 0.3 cup honey
- 5 tablespoons honey
- 0.5 teaspoon juice of lemon
- 0.5 teaspoon lemon zest grated
- 0.1 teaspoon salt
- 1 pouch sugar cookie mix (1 lb 1.5 oz)
- 1 teaspoon vanilla
- 1.5 cups walnut pieces chopped

Equipment

- bowl
- frying pan
- oven
- microwave

Directions

- Heat oven to 350F. Spray bottom only of 13x9-inch pan with cooking spray.
- In large bowl, stir cookie base ingredients until soft dough forms. Press dough in bottom of pan.
- Bake 15 minutes.
- Meanwhile, in medium bowl, stir walnuts, granulated sugar, 1/4 cup butter, 1 teaspoon cinnamon and the salt with fork until mixture is well mixed and crumbly.
- Sprinkle nut mixture evenly over partially baked base. With hands, crumble frozen fillo shells evenly over nut mixture.
- Bake 18 to 20 minutes longer or until golden brown.
- Meanwhile, in small microwavable bowl, microwave 1/3 cup honey, 2 tablespoons butter, the brown sugar, lemon juice and 1/4 teaspoon cinnamon uncovered on High 1 minute or until bubbly. Stir in vanilla.
- Drizzle honey mixture evenly over fillo. Cool completely, about 2 hours.

For bars, cut into 6 rows by 4 rows. Before serving, drizzle 1/2 teaspoon honey over each bar.
Store covered at room temperature.

Nutrition Facts



PROTEIN 3.86% **FAT 47.59%** **CARBS 48.55%**

Properties

Glycemic Index:8.53, Glycemic Load:5.95, Inflammation Score:-3, Nutrition Score:2.4930434661067%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

Nutrients (% of daily need)

Calories: 236.07kcal (11.8%), Fat: 12.88g (19.82%), Saturated Fat: 1.89g (11.78%), Carbohydrates: 29.57g (9.86%), Net Carbohydrates: 29g (10.54%), Sugar: 20.53g (22.81%), Cholesterol: 6.82mg (2.27%), Sodium: 154.79mg (6.73%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Protein: 2.35g (4.7%), Manganese: 0.28mg (13.82%), Vitamin A: 307.17IU (6.14%), Copper: 0.12mg (6.09%), Phosphorus: 31.3mg (3.13%), Magnesium: 12.34mg (3.09%), Folate: 11.64µg (2.91%), Vitamin B1: 0.04mg (2.6%), Vitamin B6: 0.05mg (2.29%), Fiber: 0.57g (2.27%), Vitamin E: 0.33mg (2.19%), Iron: 0.37mg (2.07%), Vitamin B2: 0.03mg (1.98%), Zinc: 0.27mg (1.82%), Selenium: 1.02µg (1.46%), Calcium: 12.79mg (1.28%), Potassium: 44.56mg (1.27%)