



Baklava Bars



Dairy Free



Popular

READY IN



170 min.

SERVINGS



24

CALORIES



171 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon brown sugar packed
- ☐ 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
- ☐ 5 tablespoons honey
- ☐ 0.5 teaspoon juice of lemon

- ☐ 0.5 teaspoon lemon zest grated
- ☐ 0.1 teaspoon salt
- ☐ 1 pouch sugar cookie mix betty crocker® (1 lb 1.5 oz)
- ☐ 1 teaspoon vanilla
- ☐ 1.5 cups walnut pieces chopped

Equipment


- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 350°F. 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 5.16%  FAT 36.7%  CARBS 58.14%

Properties

Glycemic Index:6.14, Glycemic Load:3.92, Inflammation Score:-1, Nutrition Score:2.0760869319024%

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: 170.55kcal (8.53%), Fat: 7.17g (11.03%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 25.55g (8.52%), Net Carbohydrates: 25.04g (9.11%), Sugar: 16.66g (18.51%), Cholesterol: 6.82mg (2.27%), Sodium: 87.7mg (3.81%), Alcohol: 0.06g (100%), Alcohol %: 0.18% (100%), Protein: 2.27g (4.54%), Manganese: 0.26mg (12.91%), Copper: 0.12mg (5.99%), Magnesium: 11.99mg (3%), Phosphorus: 29.43mg (2.94%), Folate: 11.47µg (2.87%), Vitamin B1: 0.04mg (2.55%), Vitamin B6: 0.04mg (2.2%), Fiber: 0.51g (2.06%), Iron: 0.34mg (1.92%), Zinc: 0.26mg (1.74%), Vitamin B2: 0.03mg (1.72%), Selenium: 0.98µg (1.4%), Potassium: 38.78mg (1.11%), Vitamin A: 53.18IU (1.06%)