



Bienenstich Bars

READY IN



75 min.

SERVINGS



24

CALORIES



698 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup almonds chopped
- ☐ 4.5 oz butter unsalted room temperature
- ☐ 13 deep dish pie crust
- ☐ 2 egg yolk
- ☐ 0.7 cup flour all-purpose
- ☐ 2 tbsp honey
- ☐ 0.7 cup self raising flour
- ☐ 3.5 oz sugar
- ☐ 2 tsp vanilla extract

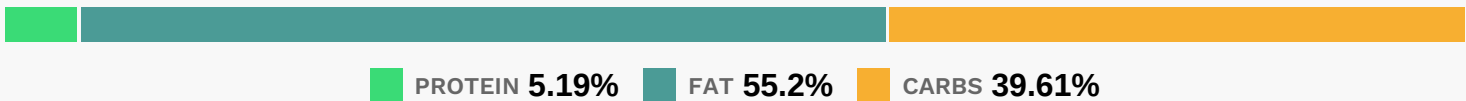
Equipment

- ☐ sauce pan
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Bienenstich Bars
- ☐ Crust Ingredients1/2 cup + 1 tbsp (4 1/2 oz) unsalted butter, room temperature2 egg yolks2/3 cup all-purpose flour2/3 cup self-rising flour1/4 cup sugar2 tsp vanilla extract
- ☐ Topping Ingredients1 cup almonds, chopped1/2 cup + 1 tbsp (4 1/2 oz) unsalted butter, room temperature1/2 cup (3 1/2 oz) sugar2 tbsp honey
- ☐ You will also need
- ☐ Mixing bowls, 9x13 baking pan or dish, saucepan
- ☐ Total Time: 1 Hour 15 Minutes
- ☐ Servings: 24 square bars
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:11.43, Glycemic Load:7.24, Inflammation Score:-4, Nutrition Score:11.345652280051%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg

0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 697.77kcal (34.89%), Fat: 42.97g (66.11%), Saturated Fat: 13.07g (81.66%), Carbohydrates: 69.39g (23.13%), Net Carbohydrates: 66.76g (24.27%), Sugar: 5.9g (6.55%), Cholesterol: 27.63mg (9.21%), Sodium: 433.78mg (18.86%), Alcohol: 0.12g (100%), Alcohol %: 0.1% (100%), Protein: 9.08g (18.17%), Manganese: 0.77mg (38.67%), Folate: 106.77µg (26.69%), Vitamin B1: 0.32mg (21.54%), Vitamin E: 3.22mg (21.48%), Iron: 3.23mg (17.95%), Vitamin K: 18.77µg (17.87%), Vitamin B3: 3.52mg (17.61%), Vitamin B2: 0.27mg (16.1%), Selenium: 9.24µg (13.2%), Phosphorus: 126.24mg (12.62%), Fiber: 2.64g (10.56%), Magnesium: 36.34mg (9.09%), Copper: 0.17mg (8.63%), Zinc: 0.85mg (5.65%), Vitamin B5: 0.55mg (5.51%), Potassium: 166.68mg (4.76%), Calcium: 44.95mg (4.49%), Vitamin B6: 0.07mg (3.72%), Vitamin A: 154.59IU (3.09%), Vitamin D: 0.16µg (1.07%)