



Blackberry Jam Bar Cookies

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



302 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.5 cups garnish: blackberry jam
- ☐ 16 tablespoons butter unsalted chilled cut into small pieces and (2 sticks)
- ☐ 1 large egg yolk lightly beaten
- ☐ 3 cups flour all-purpose
- ☐ 1.5 cups pecans toasted
- ☐ 1 teaspoon salt
- ☐ 0.8 cup sugar

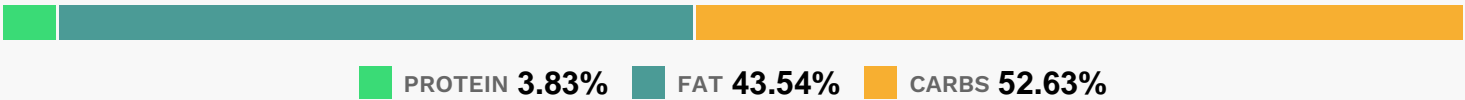
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350F. Line a 9-by-13-inch baking pan with foil, leaving a 2-inch overhang on both long ends. Mist foil with cooking spray.
- ☐ Pulse pecans and sugar in a food processor until finely ground. Pulse in flour, baking powder and salt. Pulse in 16 Tbsp. butter until mixture resembles coarse meal.
- ☐ Transfer half of mixture to a bowl, cover and chill. Pulse egg and yolk with mixture in processor until dough forms a ball. Press dough into a thin, even layer in baking pan.
- ☐ Bake until lightly browned around edges and set in center, 20 minutes.
- ☐ Let cool slightly.
- ☐ Using your fingers, work remaining 2 Tbsp. butter into reserved crumble mixture.
- ☐ Spread jam evenly over crust.
- ☐ Spread crumble mixture over jam.
- ☐ Bake until top is golden, 30 to 35 minutes.
- ☐ Let cool on a rack for at least 1 hour. Lift bars from pan and place on a rack to cool completely. Peel off foil and cut into 24 bars.

Nutrition Facts



Properties

Glycemic Index:15.1, Glycemic Load:25.18, Inflammation Score:-3, Nutrition Score:5.566521724929%

Flavonoids

Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg

Nutrients (% of daily need)

Calories: 302.47kcal (15.12%), Fat: 14.88g (22.89%), Saturated Fat: 6.32g (39.53%), Carbohydrates: 40.47g (13.49%), Net Carbohydrates: 38.97g (14.17%), Sugar: 20.21g (22.45%), Cholesterol: 33.26mg (11.09%), Sodium: 147.72mg (6.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Manganese: 0.47mg (23.69%), Vitamin B1: 0.2mg (13.49%), Selenium: 7.78µg (11.12%), Folate: 40.33µg (10.08%), Vitamin B2: 0.13mg (7.73%), Copper: 0.14mg (7.23%), Iron: 1.24mg (6.86%), Vitamin B3: 1.21mg (6.04%), Fiber: 1.5g (6%), Vitamin A: 296.3IU (5.93%), Phosphorus: 56.05mg (5.6%), Magnesium: 14.45mg (3.61%), Zinc: 0.51mg (3.42%), Calcium: 28.79mg (2.88%), Vitamin E: 0.43mg (2.85%), Vitamin C: 2.33mg (2.82%), Potassium: 73.97mg (2.11%), Vitamin B5: 0.19mg (1.89%), Vitamin B6: 0.03mg (1.61%), Vitamin D: 0.21µg (1.43%), Vitamin K: 1.11µg (1.05%)