



## Brandied Apricot Bars

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 cup firmly brown sugar packed
- 0.5 lb butter at room temperature
- 2 cups apricots dried chopped
- 4 large eggs
- 1.3 cups flour all-purpose
- 1 cup golden raisins

- 1 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 1 tablespoon juice of lemon
- 0.3 cup orange juice
- 1 tablespoon orange peel grated
- 0.7 cup powdered sugar
- 1 tablespoon vanilla

## Equipment

- bowl
- frying pan
- oven
- baking pan
- hand mixer

## Directions

- In a bowl, with an electric mixer on medium speed, beat butter, 1/2 cup granulated sugar, and the brown sugar until smooth. Beat in eggs, vanilla, and orange peel until well blended.
- In another bowl, mix flour, baking powder, baking soda, and cinnamon. Stir or beat into butter mixture until well blended. Stir in apricots and raisins.
- Spread batter evenly in a buttered and floured 10- by 15-inch baking pan.
- Bake in a 350 oven until center springs back when pressed and bar is no longer wet in the center (cut to test), 20 to 25 minutes.
- Meanwhile, in a 1- to 1 1/2-quart pan, combine remaining 1/2 cup granulated sugar, the apricot brandy, and 1 tablespoon lemon juice. Bring to a boil over high heat; remove syrup from heat and let stand. In a bowl, stir remaining 4 teaspoons lemon juice and the powdered sugar until smooth.
- Spoon apricot syrup evenly over warm bar.
- Let cool completely, then cut into 36 bars.
- Drizzle lemon icing over bars in pan.

# Nutrition Facts

PROTEIN 4.37% FAT 35.27% CARBS 60.36%

## Properties

Glycemic Index:12.06, Glycemic Load:9.45, Inflammation Score:-3, Nutrition Score:2.6904347901759%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 142.32kcal (7.12%), Fat: 5.76g (8.86%), Saturated Fat: 3.43g (21.42%), Carbohydrates: 22.18g (7.39%), Net Carbohydrates: 21.33g (7.76%), Sugar: 17.16g (19.07%), Cholesterol: 34.21mg (11.4%), Sodium: 77.68mg (3.38%), Alcohol: 0.12g (100%), Alcohol %: 0.38% (100%), Protein: 1.6g (3.21%), Vitamin A: 451.97IU (9.04%), Selenium: 3.52µg (5.02%), Potassium: 136.77mg (3.91%), Vitamin B2: 0.06mg (3.8%), Vitamin E: 0.53mg (3.51%), Manganese: 0.07mg (3.44%), Iron: 0.61mg (3.39%), Fiber: 0.84g (3.37%), Folate: 12.27µg (3.07%), Phosphorus: 29.92mg (2.99%), Vitamin B1: 0.04mg (2.66%), Copper: 0.05mg (2.65%), Vitamin B3: 0.51mg (2.55%), Calcium: 21.32mg (2.13%), Vitamin B6: 0.04mg (1.87%), Vitamin C: 1.45mg (1.76%), Vitamin B5: 0.16mg (1.63%), Magnesium: 6.08mg (1.52%), Zinc: 0.15mg (1.02%)