



Buttermilk Coconut Bars

 Vegetarian

READY IN



65 min.

SERVINGS



15

CALORIES



303 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 1 cup buttermilk
- ☐ 0.5 cup coconut or shredded
- ☐ 1 cup confectioners' sugar
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose

- ☐ 1 teaspoon ground cinnamon
- ☐ 1 tablespoon milk
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped
- ☐ 1.3 cups sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan.
- ☐ In a medium bowl, combine the sugar, brown sugar, flour, and butter; blend with a pastry blender until the mixture is in coarse crumbs.
- ☐ Remove 2 cups of the mixture to another bowl, and reserve the rest.
- ☐ Stir the coconut and walnuts into the 2 cups of the sugar mixture. Pat firmly into the greased pan. Stir the baking soda, salt, and cinnamon into the reserved mixture. Then mix in the egg, buttermilk and vanilla until well blended.
- ☐ Spread this over the crust in the pan.
- ☐ Bake for 35 to 45 minutes in the preheated oven, or until firm. Allow to cool. Make a glaze using confectioners' sugar and enough of the milk to give it a drizzling consistency.
- ☐ Drizzle over bars before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:19.94, Glycemic Load:21.17, Inflammation Score:-3, Nutrition Score:4.8182608375083%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

Nutrients (% of daily need)

Calories: 302.76kcal (15.14%), Fat: 10.63g (16.36%), Saturated Fat: 5.36g (33.51%), Carbohydrates: 50.03g (16.68%), Net Carbohydrates: 49.01g (17.82%), Sugar: 36.32g (40.36%), Cholesterol: 29.06mg (9.69%), Sodium: 224.86mg (9.78%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Protein: 3.4g (6.8%), Manganese: 0.32mg (16.02%), Selenium: 7.98µg (11.4%), Vitamin B1: 0.16mg (10.37%), Folate: 37.54µg (9.38%), Vitamin B2: 0.14mg (8.15%), Iron: 1.11mg (6.18%), Phosphorus: 57.28mg (5.73%), Copper: 0.11mg (5.57%), Vitamin B3: 1.08mg (5.39%), Vitamin A: 234.12IU (4.68%), Fiber: 1.02g (4.09%), Calcium: 40.57mg (4.06%), Magnesium: 14.01mg (3.5%), Zinc: 0.38mg (2.57%), Potassium: 89.6mg (2.56%), Vitamin B5: 0.24mg (2.36%), Vitamin B6: 0.05mg (2.3%), Vitamin B12: 0.12µg (1.97%), Vitamin D: 0.28µg (1.85%), Vitamin E: 0.26mg (1.77%)