



California Dream Bars

 Dairy Free

READY IN



60 min.

SERVINGS



16

CALORIES



198 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 cup brown sugar
- 1 cup coconut or flaked
- 2 eggs
- 2 tablespoons flour all-purpose
- 0.5 cup butter melted
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract

1 cup walnuts chopped

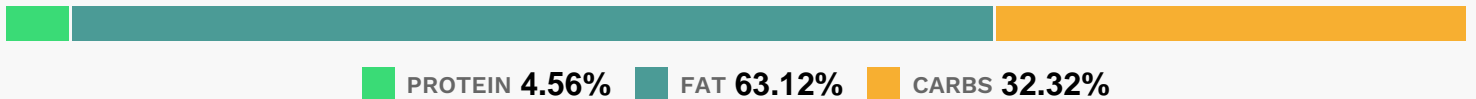
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat the oven to 375 degrees F (190 degrees C). Grease an 8x8 inch square baking pan.
- In a medium bowl, stir together 1/2 cup brown sugar and 1 cup flour. Stir in the melted margarine and vanilla until well blended. Press into the bottom of the prepared pan.
- Bake for 15 minutes in the preheated oven. Prepare the filling while the crust bakes. In a medium bowl, beat eggs until light and foamy. Blend together the brown sugar, flour, baking powder and salt; stir into the eggs.
- Mix in the walnuts and coconut.
- Pour over the crust and return to the oven.
- Bake for 15 more minutes in the preheated oven, until set. When cool, cut into squares. Dust with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:11.69, Glycemic Load:0.65, Inflammation Score:-3, Nutrition Score:3.7852173298597%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 198.2kcal (9.91%), Fat: 14.44g (22.21%), Saturated Fat: 4.85g (30.29%), Carbohydrates: 16.63g (5.54%), Net Carbohydrates: 15.25g (5.55%), Sugar: 13.97g (15.53%), Cholesterol: 20.46mg (6.82%), Sodium: 130.29mg (5.66%), Alcohol: 0.09g (100%), Alcohol %: 0.27% (100%), Protein: 2.35g (4.69%), Manganese: 0.41mg (20.64%), Copper:

0.17mg (8.53%), Vitamin A: 284.91IU (5.7%), Fiber: 1.38g (5.53%), Phosphorus: 53.08mg (5.31%), Selenium: 3.51µg (5.02%), Magnesium: 18.72mg (4.68%), Vitamin B6: 0.07mg (3.57%), Iron: 0.64mg (3.56%), Calcium: 32.7mg (3.27%), Folate: 12.15µg (3.04%), Vitamin B2: 0.05mg (2.88%), Zinc: 0.41mg (2.77%), Potassium: 91.36mg (2.61%), Vitamin B1: 0.04mg (2.56%), Vitamin E: 0.35mg (2.35%), Vitamin B5: 0.2mg (1.97%)