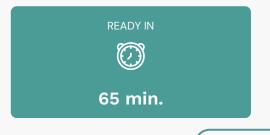
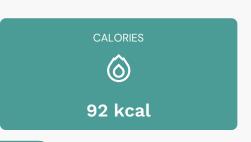


Cardamom-Cashew Bars

Vegetarian







ANTIPASTI

0.5 package cream cheese reduced-fat (8 oz size) (Neufchâtel)

STARTER

SNACK

APPETIZER

Ingredients

Ш	1.5 cups brown sugar packed
	0.5 cup eggs fat-free
	3 tablespoons flour all-purpose
	2 teaspoons vanilla
	0.5 teaspoon ground cardamom
	0.3 teaspoon salt
	15 cups cashew pieces

	0.5 cup powdered sugar
	0.3 cup brown sugar packed
	2 teaspoons vanilla
	1 egg yolk
	1.5 cups flour all-purpose
	0.8 cup powdered sugar
	1 tablespoon orange juice
Eq	uipment
	bowl
	frying pan
	oven
	hand mixer
Di	rections
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Nutrition Facts

Properties

Glycemic Index:4.84, Glycemic Load:2.71, Inflammation Score:-1, Nutrition Score:2.1739130531964%

Flavonoids

Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 91.6kcal (4.58%), Fat: 2.51g (3.87%), Saturated Fat: 0.65g (4.06%), Carbohydrates: 15.86g (5.29%), Net Carbohydrates: 15.6g (5.67%), Sugar: 11.31g (12.56%), Cholesterol: 14.74mg (4.91%), Sodium: 27.25mg (1.18%), Alcohol: 0.11g (100%), Alcohol %: 0.57% (100%), Protein: 1.76g (3.53%), Manganese: 0.11mg (5.48%), Copper: 0.1mg (5.11%), Selenium: 3.48µg (4.97%), Phosphorus: 39.12mg (3.91%), Vitamin B1: 0.05mg (3.63%), Magnesium: 14.09mg (3.52%), Iron: 0.59mg (3.3%), Folate: 11.39µg (2.85%), Vitamin B2: 0.04mg (2.52%), Zinc: 0.32mg (2.15%), Vitamin B3: 0.32mg (1.59%), Potassium: 53.17mg (1.52%), Vitamin B6: 0.03mg (1.45%), Calcium: 14.38mg (1.44%), Vitamin K: 1.42µg (1.36%), Vitamin B5: 0.14mg (1.35%), Fiber: 0.26g (1.03%)