



Cardamom-Cashew Bars

 Vegetarian

READY IN



65 min.

SERVINGS



48

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 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
- ☐ 1.5 cups cashew pieces
- ☐ 0.5 package cream cheese reduced-fat (8 oz size) (Neufchâtel)

- ☐ 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

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F. Grease rectangular pan, 13x9x2 inches. Prepare Crust; press dough evenly in pan.
- ☐ Bake 15 to 20 minutes or until very light brown.
- ☐ Beat remaining ingredients except cashews and Orange
- ☐ Drizzle in medium bowl with electric mixer on medium speed about 2 minutes or until thick and colored. Stir in cashews.
- ☐ Spread over baked crust.
- ☐ Bake 19 to 22 minutes or until top is golden brown and bras are set around edges. Cool completely.
- ☐ Spread wth Orange
- ☐ Drizzle.
- ☐ Cut into 8 rows by 6 rows.
- ☐ Mix ingredients until smooth and spreadable.

Nutrition Facts



 **PROTEIN 7.58%**  **FAT 24.29%**  **CARBS 68.13%**

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, 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%)