



Cashew Caramel Bars

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.3 cup brown sugar packed
- 2 tablespoons butter
- 0.3 cup cashew pieces chopped
- 2 eggs
- 0.8 cup flour all-purpose sifted
- 1.5 tablespoons cup heavy whipping cream light
- 0.3 teaspoon salt

0.5 cup sugar white

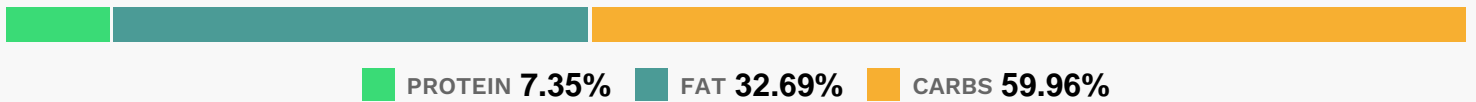
Equipment

- bowl
- frying pan
- oven
- baking pan
- broiler

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x9 inch baking pan.
- To prepare Pastry: In a large bowl, mix the eggs and both sugars together. Blend in the nuts and sift the flour with the baking powder and salt.
- Add to egg mixture and blend well. Press into the bottom of the greased pan.
- Bake for 20 to 25 minutes. While pastry bakes, mix 1/4 cup of brown sugar, cream and cashews into the melted butter.
- Spread over baked pastry and place under a broiler for about 1 minute, until topping bubbles and becomes brown.
- Cut into bars while warm.
- Let cool in pan.

Nutrition Facts



Properties

Glycemic Index:10.41, Glycemic Load:4.17, Inflammation Score:-1, Nutrition Score:1.1704347824435%

Nutrients (% of daily need)

Calories: 52.21kcal (2.61%), Fat: 1.94g (2.98%), Saturated Fat: 0.83g (5.21%), Carbohydrates: 8g (2.67%), Net Carbohydrates: 7.87g (2.86%), Sugar: 5.21g (5.79%), Cholesterol: 13.75mg (4.58%), Sodium: 37.65mg (1.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.96%), Selenium: 2.3µg (3.29%), Manganese: 0.05mg

(2.36%), Vitamin B1: 0.03mg (2.13%), Phosphorus: 19.9mg (1.99%), Copper: 0.04mg (1.96%), Folate: 7.53µg (1.88%),
Vitamin B2: 0.03mg (1.86%), Iron: 0.31mg (1.75%), Magnesium: 5.48mg (1.37%), Vitamin B3: 0.2mg (1.02%)