



## Chewy Raspberry Almond Bars



Dairy Free



Popular

READY IN



120 min.

SERVINGS



16

CALORIES



257 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 0.8 cup butter cold
- ☐ 1 eggs beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 0.8 cup brown sugar light packed
- ☐ 1.5 cups oats
- ☐ 6 oz raspberries fresh
- ☐ 0.8 cup raspberry jam red seedless

☐ 0.5 teaspoon salt

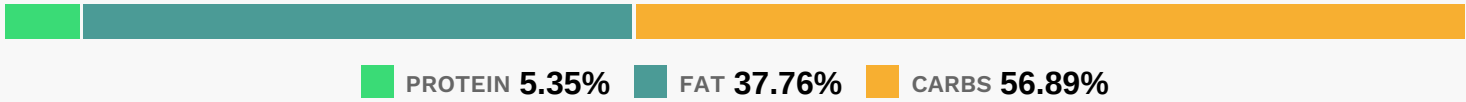
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Heat oven to 375F. Spray 9-inch square pan with baking spray with flour.
- ☐ In large bowl, mix oats, flour, brown sugar and salt.
- ☐ Cut in butter, using pastry blender (or pulling 2 table knives through mixture in opposite directions), until mixture looks like coarse crumbs. Reserve 1 cup mixture for topping. To remaining mixture, stir in egg until just moistened.
- ☐ Press dough firmly and evenly into bottom of pan, using fingers or bottom of measuring cup.
- ☐ Spread with jam. Arrange raspberries over jam. Stir almonds into reserved crumb mixture; sprinkle evenly over raspberries.
- ☐ Bake 30 to 35 minutes or until top is golden. Cool completely on cooling rack.
- ☐ Cut into 4 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:14.44, Glycemic Load:15.49, Inflammation Score:-5, Nutrition Score:6.2813042842824%

Flavonoids

Cyanidin: 4.94mg, Cyanidin: 4.94mg, Cyanidin: 4.94mg, Cyanidin: 4.94mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin:

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Nutrients (% of daily need)

Calories: 256.96kcal (12.85%), Fat: 10.98g (16.89%), Saturated Fat: 2.08g (12.99%), Carbohydrates: 37.22g (12.41%), Net Carbohydrates: 34.97g (12.72%), Sugar: 18.48g (20.53%), Cholesterol: 10.23mg (3.41%), Sodium: 185.5mg (8.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.5g (7.01%), Manganese: 0.56mg (27.88%), Selenium: 7.98µg (11.4%), Vitamin B1: 0.15mg (9.8%), Fiber: 2.26g (9.03%), Magnesium: 35.42mg (8.85%), Vitamin E: 1.27mg (8.44%), Vitamin A: 399IU (7.98%), Vitamin B2: 0.13mg (7.79%), Folate: 30.63µg (7.66%), Phosphorus: 75.72mg (7.57%), Iron: 1.28mg (7.09%), Copper: 0.11mg (5.35%), Vitamin C: 4.21mg (5.1%), Vitamin B3: 0.94mg (4.72%), Zinc: 0.51mg (3.39%), Calcium: 32.25mg (3.22%), Potassium: 111.15mg (3.18%), Vitamin B5: 0.22mg (2.22%), Vitamin B6: 0.04mg (1.78%), Vitamin K: 1.12µg (1.06%)