



Cinnamon Coffee Bars

 Dairy Free

READY IN



35 min.

SERVINGS



20

CALORIES



124 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup hot-brewed coffee hot
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup nuts chopped

- ☐ 0.5 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shortening softened

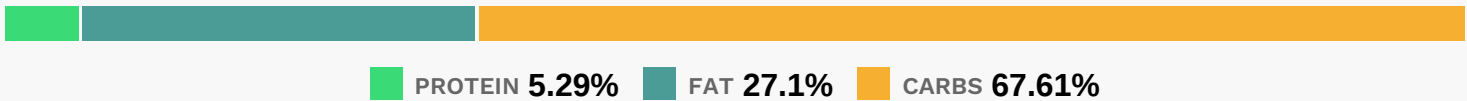
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 13x9-inch baking dish.
- ☐ Beat shortening and brown sugar with an electric mixer in a large bowl until smooth. Blend egg into the shortening mixture.
- ☐ Add hot coffee and stir.
- ☐ Sift flour, baking powder, cinnamon, baking soda, and salt together in a separate bowl; stir into the shortening mixture. Fold raisins and chopped nuts into the batter; spread into the prepared baking dish.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, 18 to 20 minutes. Cool in the pan for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:13.02, Glycemic Load:6.84, Inflammation Score:-1, Nutrition Score:2.5178260855053%

Nutrients (% of daily need)

Calories: 123.56kcal (6.18%), Fat: 3.81g (5.86%), Saturated Fat: 0.86g (5.34%), Carbohydrates: 21.4g (7.13%), Net Carbohydrates: 20.68g (7.52%), Sugar: 10.71g (11.9%), Cholesterol: 8.18mg (2.73%), Sodium: 71.8mg (3.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.35%), Manganese: 0.14mg (6.75%), Selenium: 4.01µg (5.73%), Vitamin B1: 0.08mg (5.57%), Folate: 19.43µg (4.86%), Vitamin B2: 0.07mg (4.18%), Iron: 0.75mg (4.14%), Vitamin B3: 0.7mg (3.52%), Phosphorus: 30.09mg (3.01%), Fiber: 0.72g (2.86%), Copper: 0.05mg (2.74%), Calcium: 26.96mg (2.7%), Magnesium: 8.75mg (2.19%), Potassium: 71.73mg (2.05%), Vitamin B5: 0.15mg (1.45%), Vitamin K: 1.44µg (1.37%), Vitamin E: 0.19mg (1.26%), Vitamin B6: 0.02mg (1.24%), Zinc: 0.18mg (1.17%)