

Coconut Raspberry Bars

 Vegetarian

READY IN



50 min.

SERVINGS



36

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon double-acting baking powder
- 0.8 cup butter softened
- 2 cups coconut flakes divided flaked
- 1 eggs
- 2 cups flour all-purpose
- 1 cup extra sugar to coat cookies prior to baking white
- 12 ounces raspberry jam
- 1 cup sugar

- 0.5 teaspoon vanilla extract
- 0.5 cup walnut pieces chopped

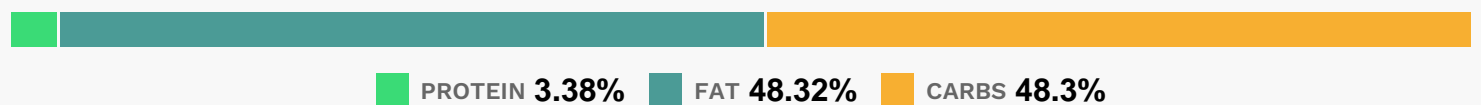
Equipment

- bowl
- oven
- wire rack
- baking pan

Directions

- In a large bowl, cream butter and sugar until light and fluffy. Beat in egg and vanilla.
- Combine flour and baking powder; gradually add to the creamed mixture and mix well. Stir in 1-1/4 cups coconut and the walnuts.
- Press three-fourths of the dough into a greased 13-in. x 9-in. baking pan.
- Spread with preserves.
- Sprinkle with chips and remaining coconut. Crumble remaining dough over the top; press lightly.
- Bake at 350° for 30–35 minutes or until golden brown. Cool on a wire rack.
- Cut into bars.

Nutrition Facts



Properties

Glycemic Index:10.06, Glycemic Load:11.27, Inflammation Score:-1, Nutrition Score:2.766956548328%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg

Nutrients (% of daily need)

Calories: 173.9kcal (8.69%), Fat: 9.65g (14.85%), Saturated Fat: 6.28g (39.26%), Carbohydrates: 21.71g (7.24%), Net Carbohydrates: 20.2g (7.35%), Sugar: 10.55g (11.72%), Cholesterol: 14.71mg (4.9%), Sodium: 40.09mg (1.74%),

Alcohol: 0.02g (100%), Alcohol %: 0.06% (100%), Protein: 1.52g (3.04%), Manganese: 0.24mg (11.85%), Fiber: 1.51g (6.02%), Selenium: 3.95µg (5.65%), Iron: 0.84mg (4.67%), Vitamin B1: 0.07mg (4.34%), Copper: 0.08mg (4.21%), Folate: 16.48µg (4.12%), Vitamin B2: 0.06mg (3.35%), Phosphorus: 28.81mg (2.88%), Vitamin A: 125.11IU (2.5%), Vitamin B3: 0.46mg (2.32%), Magnesium: 8.98mg (2.24%), Vitamin B6: 0.03mg (1.5%), Zinc: 0.22mg (1.47%), Potassium: 50.54mg (1.44%), Vitamin E: 0.17mg (1.13%), Vitamin C: 0.92mg (1.12%), Vitamin B5: 0.1mg (1.03%)