

Coffee Crunch Bars

READY IN



45 min.

SERVINGS



48

CALORIES



103 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups flour
- ☐ 0.5 teaspoon almond extract
- ☐ 0.5 cup almonds sliced
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup butter unsalted room temperature (2 sticks)
- ☐ 1.3 cups t brown sugar dark packed (firmly)
- ☐ 2 tablespoons espresso powder instant
- ☐ 0.3 teaspoon salt
- ☐ 1 cup semi chocolate chips

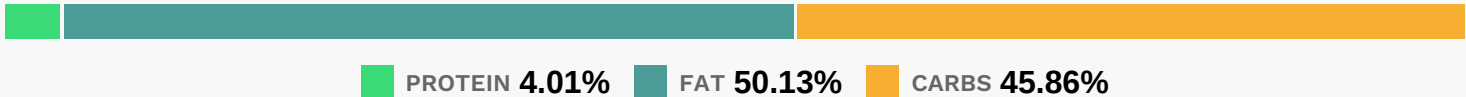
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Preheat oven to 325°F.
- ☐ Whisk first 3 ingredients in medium bowl to blend.
- ☐ Using electric mixer, beat butter and sugar in another medium bowl until blended, about 2 minutes.
- ☐ Add espresso powder and almond extract; beat 1 minute. Stir in flour mixture in 3 additions, mixing until just absorbed after each addition. Stir in chocolate chips and almonds (dough will be thick).
- ☐ Turn dough out onto ungreased rimmed baking sheet. Using hands, press dough into 12-inch square. Pierce all over with fork at 1-inch intervals.
- ☐ Bake until edges are lightly browned and beginning to crisp, 45 to 50 minutes. Cool on sheet 1 minute.
- ☐ Cut into 48 bars. Immediately transfer to rack; cool (bars will crisp as they cool). DO AHEAD: Can be made 5 days ahead. Store in airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:4.73, Glycemic Load:2.9, Inflammation Score:-1, Nutrition Score:1.8982608551564%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin:

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Nutrients (% of daily need)

Calories: 102.78kcal (5.14%), Fat: 5.8g (8.93%), Saturated Fat: 3.3g (20.64%), Carbohydrates: 11.94g (3.98%), Net Carbohydrates: 11.38g (4.14%), Sugar: 7g (7.78%), Cholesterol: 10.39mg (3.46%), Sodium: 49.11mg (2.14%), Alcohol: 0.01g (100%), Alcohol %: 0.09% (100%), Caffeine: 9.77mg (3.26%), Protein: 1.04g (2.09%), Manganese: 0.11mg (5.72%), Copper: 0.07mg (3.36%), Selenium: 2.26µg (3.23%), Iron: 0.57mg (3.17%), Vitamin B1: 0.04mg (2.95%), Magnesium: 11.64mg (2.91%), Vitamin E: 0.38mg (2.54%), Folate: 10.15µg (2.54%), Vitamin A: 120.07IU (2.4%), Vitamin B2: 0.04mg (2.37%), Phosphorus: 22.9mg (2.29%), Fiber: 0.56g (2.24%), Vitamin B3: 0.44mg (2.2%), Calcium: 14.33mg (1.43%), Potassium: 50.06mg (1.43%), Zinc: 0.17mg (1.15%)