



## Dessert Bars

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



413 kcal

DESSERT

### Ingredients

- 2 cups butter softened
- 4 egg yolks
- 4 cups flour all-purpose
- 1.5 cups raspberry jam
- 2 cups sugar white

### Equipment

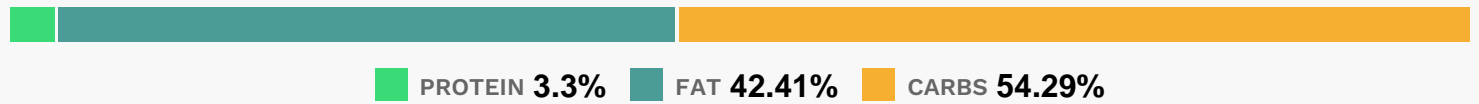
- bowl
- frying pan

- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking pan.
- In a medium bowl, cream together the butter and sugar until light and fluffy. Blend in the egg yolks. Gradually mix in the flour to form a dough. With lightly floured hands, press half of the dough into the bottom of the prepared pan.
- Spread evenly with raspberry jam. Flatten pieces of the remaining dough and place them over the raspberry layer to cover the top.
- Bake for 30 minutes in the preheated oven, until lightly golden. Cool slightly before cutting into bars.

## Nutrition Facts



## Properties

Glycemic Index:12.5, Glycemic Load:37.28, Inflammation Score:-4, Nutrition Score:5.4778260510901%

## Nutrients (% of daily need)

Calories: 413.24kcal (20.66%), Fat: 19.69g (30.29%), Saturated Fat: 12.05g (75.33%), Carbohydrates: 56.71g (18.9%), Net Carbohydrates: 55.75g (20.27%), Sugar: 32.43g (36.03%), Cholesterol: 87.68mg (29.23%), Sodium: 156.55mg (6.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.88%), Selenium: 11.35µg (16.21%), Vitamin B1: 0.21mg (13.85%), Folate: 54.49µg (13.62%), Vitamin A: 619.18IU (12.38%), Vitamin B2: 0.17mg (10.2%), Manganese: 0.18mg (9.17%), Iron: 1.4mg (7.77%), Vitamin B3: 1.5mg (7.48%), Phosphorus: 51.33mg (5.13%), Vitamin E: 0.67mg (4.43%), Fiber: 0.96g (3.82%), Copper: 0.07mg (3.28%), Vitamin C: 2.24mg (2.72%), Vitamin B5: 0.25mg (2.47%), Zinc: 0.3mg (1.97%), Calcium: 19.14mg (1.91%), Vitamin B12: 0.11µg (1.81%), Magnesium: 7.15mg (1.79%), Vitamin K: 1.69µg (1.61%), Potassium: 56.16mg (1.6%), Vitamin B6: 0.03mg (1.47%), Vitamin D: 0.19µg (1.3%)