



Donna's Spanish Bars

READY IN



45 min.

SERVINGS



30

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 cups brown sugar packed
- ☐ 1 cup buttermilk
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup granulated sugar for decoration
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger

- ☐ 0.5 cup shortening
- ☐ 1 tablespoon distilled vinegar white

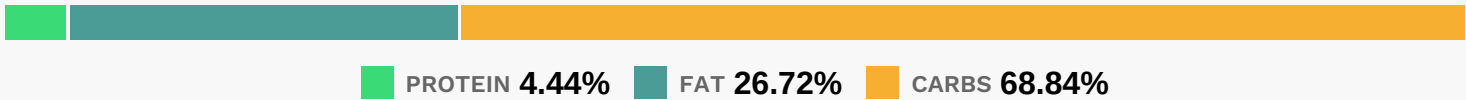
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch baking pan.
- ☐ In a large bowl, cream shortening and sugar.
- ☐ Add eggs one at a time and mix until light and fluffy. Sift together the flour, cinnamon, cloves, ginger, and baking soda.
- ☐ Add dry ingredients to sugar mixture alternately with the buttermilk and vinegar.
- ☐ Mix well with an electric mixer for 2 to 3 minutes.
- ☐ Pour the batter into the prepared pan and bake in preheated oven for 35 to 40 minutes or until cookie feels firm.
- ☐ After cooling, cut cookie into 2 inch bars.
- ☐ Roll each bar in sugar and store in covered tins. This one of my favorite Christmas cookie recipes. Enjoy!!

Nutrition Facts



Properties

Glycemic Index:7.7, Glycemic Load:6.27, Inflammation Score:-1, Nutrition Score:2.2447826063017%

Nutrients (% of daily need)

Calories: 134.7kcal (6.73%), Fat: 4.06g (6.25%), Saturated Fat: 1.11g (6.97%), Carbohydrates: 23.55g (7.85%), Net Carbohydrates: 23.22g (8.45%), Sugar: 16.87g (18.75%), Cholesterol: 11.79mg (3.93%), Sodium: 53.7mg (2.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.03%), Manganese: 0.14mg (7.11%), Selenium: 4.24µg (6.06%), Vitamin B1: 0.07mg (4.75%), Folate: 17.2µg (4.3%), Vitamin B2: 0.07mg (4.06%), Iron: 0.57mg (3.19%), Vitamin B3: 0.52mg (2.62%), Calcium: 26.15mg (2.61%), Phosphorus: 22.43mg (2.24%), Vitamin K: 2.01µg (1.92%), Vitamin E: 0.26mg (1.73%), Vitamin B5: 0.16mg (1.55%), Fiber: 0.32g (1.29%), Potassium: 45.02mg (1.29%), Copper: 0.02mg (1.2%), Magnesium: 4.63mg (1.16%), Vitamin D: 0.16µg (1.08%), Vitamin B12: 0.06µg (1.05%)