



Elegant Almond Bars

READY IN



150 min.

SERVINGS



32

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 17.5 oz sugar cookie mix
- ☐ 0.5 cup butter melted
- ☐ 0.5 teaspoon almond extract
- ☐ 1 eggs
- ☐ 8 oz almond paste crumbled canned
- ☐ 0.3 cup sugar
- ☐ 0.3 cup butter melted
- ☐ 2 eggs
- ☐ 0.5 cup almonds sliced

- ☐ 0.3 cup chocolate white coarsely chopped
- ☐ 2 tablespoons shortening
- ☐ 0.3 cup almonds sliced

Equipment

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

Directions

- ☐ Heat oven to 350°F. In large bowl, stir cookie base ingredients until soft dough forms.
- ☐ Spread in ungreased 13x9-inch pan.
- ☐ Bake 15 to 18 minutes or until light golden brown.
- ☐ Meanwhile, in large bowl, beat almond paste, sugar and 1/4 cup melted butter with electric mixer on low speed until blended.
- ☐ Add 2 eggs; beat until well blended (mixture may be slightly lumpy).
- ☐ Spread almond paste mixture over partially baked base.
- ☐ Sprinkle with 1/2 cup almonds.
- ☐ Bake 15 to 20 minutes longer or until filling is set (filling will puff up during baking). Cool completely, about 1 hour.
- ☐ In 1-quart heavy saucepan, melt white chocolate and shortening over low heat, stirring constantly, until smooth.
- ☐ Pour and spread over cooled bars.
- ☐ Sprinkle with 1/4 cup almonds.
- ☐ Let stand about 30 minutes or until topping is set. For bars, cut into 8 rows by 4 rows. Store covered at room temperature.

Nutrition Facts



 PROTEIN **5.29%**  FAT **50.82%**  CARBS **43.89%**

Properties

Glycemic Index:5, Glycemic Load:1.68, Inflammation Score:-2, Nutrition Score:2.5604348039336%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 170.69kcal (8.53%), Fat: 9.8g (15.07%), Saturated Fat: 1.75g (10.95%), Carbohydrates: 19.04g (6.35%), Net Carbohydrates: 18.43g (6.7%), Sugar: 12.25g (13.61%), Cholesterol: 15.63mg (5.21%), Sodium: 102.27mg (4.45%), Alcohol: 0.02g (100%), Alcohol %: 0.07% (100%), Protein: 2.3g (4.59%), Vitamin E: 1.78mg (11.86%), Manganese: 0.11mg (5.57%), Vitamin B2: 0.08mg (4.96%), Vitamin A: 213.02IU (4.26%), Phosphorus: 40.47mg (4.05%), Magnesium: 15.86mg (3.97%), Copper: 0.06mg (2.92%), Folate: 10.69µg (2.67%), Calcium: 24.66mg (2.47%), Selenium: 1.72µg (2.46%), Fiber: 0.61g (2.45%), Iron: 0.33mg (1.81%), Zinc: 0.24mg (1.57%), Vitamin B1: 0.02mg (1.52%), Potassium: 50.04mg (1.43%), Vitamin B3: 0.26mg (1.28%)