



Gluten-Free Peanut Butter and Jam Cookie Bars

 Vegetarian  Gluten Free  Low Fod Map

READY IN



145 min.

SERVINGS



24

CALORIES



213 kcal

DESSERT

Ingredients

- 0.5 cup almond flour
- 1 teaspoon double-acting baking powder gluten-free
- 0.5 teaspoon baking soda
- 0.5 cup butter softened
- 0.5 cup creamy peanut butter
- 2 eggs
- 12 oz grape jelly gluten-free

- 0.3 cup oat flour gluten-free
- 1.3 cups rolled oats gluten-free
- 0.5 cup rice flour white
- 1 cup roasted peanuts salted coarsely chopped
- 0.5 cup sugar
- 0.3 cup tapioca flour

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- hand mixer

Directions

- Heat oven to 350F. Spray 13x9-inch pan with cooking spray (without flour).
- In medium bowl, mix oats, flours, baking powder, baking soda and 3/4 cup of the peanuts with whisk; set aside. In large bowl, beat butter, sugar and peanut butter with electric mixer on medium speed until blended. Beat in eggs. Gradually add oat mixture, beating on low just until combined.
- Press two-thirds (about 3 1/2 cups) of the dough in pan.
- Spread jam over crust. Drop heaping spoonfuls of remaining dough over jam.
- Sprinkle with remaining 1/4 cup peanuts.
- Bake 25 to 30 minutes or until set and golden brown. Cool in pan on cooling rack 1 hour. Refrigerate 30 minutes.
- Cut into 6 rows by 4 rows. Store in refrigerator.

Nutrition Facts



■ PROTEIN 8.91% ■ FAT 47.14% ■ CARBS 43.95%

Properties

Glycemic Index:16.21, Glycemic Load:11.1, Inflammation Score:-2, Nutrition Score:4.7656522069288%

Nutrients (% of daily need)

Calories: 212.6kcal (10.63%), Fat: 11.53g (17.74%), Saturated Fat: 3.71g (23.19%), Carbohydrates: 24.19g (8.06%), Net Carbohydrates: 22.39g (8.14%), Sugar: 11.75g (13.06%), Cholesterol: 23.81mg (7.94%), Sodium: 130.55mg (5.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.8%), Manganese: 0.47mg (23.62%), Vitamin B3: 1.79mg (8.93%), Phosphorus: 82.9mg (8.29%), Magnesium: 29.24mg (7.31%), Fiber: 1.79g (7.16%), Selenium: 4.31µg (6.15%), Copper: 0.11mg (5.31%), Vitamin E: 0.69mg (4.57%), Folate: 17.6µg (4.4%), Vitamin B1: 0.06mg (4.22%), Iron: 0.73mg (4.06%), Zinc: 0.54mg (3.59%), Vitamin B6: 0.07mg (3.45%), Potassium: 117.46mg (3.36%), Calcium: 32.69mg (3.27%), Vitamin B2: 0.05mg (3.19%), Vitamin B5: 0.28mg (2.83%), Vitamin A: 137.98IU (2.76%), Vitamin C: 1.25mg (1.51%)