

## Gumdrop Bars

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 teaspoon double-acting baking powder
- 4 eggs
- 2 cups flour all-purpose sifted
- 1 cup gum drops
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 0.8 cup walnuts chopped
- 1 cup sugar white

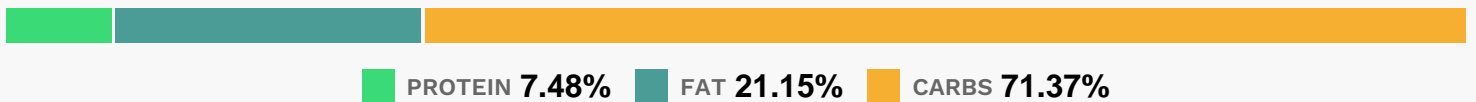
## Equipment

- bowl
- frying pan
- oven
- baking pan
- toothpicks
- spatula

## Directions

- Preheat oven to 350 degrees F (180 degrees C). Grease a 9 x 13 inch pan.
- Sift dry ingredients and set aside
- Beat eggs in large bowl until foamy.
- Beat in sugar gradually.
- Add vanilla.
- Blend in sifted dry ingredients.
- Mix in gumdrops and walnuts.
- Pour into pan and spread evenly with a spatula.
- Bake for 30-35 minutes or until toothpick inserted in center comes out clean.
- Cut into bars while still warm.

## Nutrition Facts



## Properties

Glycemic Index:9.31, Glycemic Load:11.67, Inflammation Score:-1, Nutrition Score:2.0221739301215%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

## Nutrients (% of daily need)

Calories: 90kcal (4.5%), Fat: 2.14g (3.29%), Saturated Fat: 0.31g (1.96%), Carbohydrates: 16.25g (5.42%), Net Carbohydrates: 15.89g (5.78%), Sugar: 8.64g (9.6%), Cholesterol: 18.19mg (6.06%), Sodium: 53.5mg (2.33%), Alcohol: 0.04g (100%), Alcohol %: 0.19% (100%), Protein: 1.7g (3.41%), Manganese: 0.13mg (6.65%), Selenium: 4.05µg (5.78%), Folate: 17.39µg (4.35%), Vitamin B1: 0.07mg (4.34%), Vitamin B2: 0.06mg (3.65%), Iron: 0.51mg (2.86%), Phosphorus: 28.11mg (2.81%), Copper: 0.05mg (2.67%), Vitamin B3: 0.44mg (2.21%), Magnesium: 6.06mg (1.52%), Fiber: 0.36g (1.42%), Calcium: 12.94mg (1.29%), Zinc: 0.19mg (1.25%), Vitamin B6: 0.02mg (1.24%), Vitamin B5: 0.12mg (1.2%)