



Healthified Raspberry Bars

 Vegetarian

READY IN



120 min.

SERVINGS



24

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1 egg whites
- ☐ 0.8 cup flour all-purpose gold medal®
- ☐ 0.8 cup strawberry jam organic cascadian farm®
- ☐ 0.8 cup sugar
- ☐ 0.5 cup walnut pieces chopped
- ☐ 0.8 cup flour whole wheat gold medal®

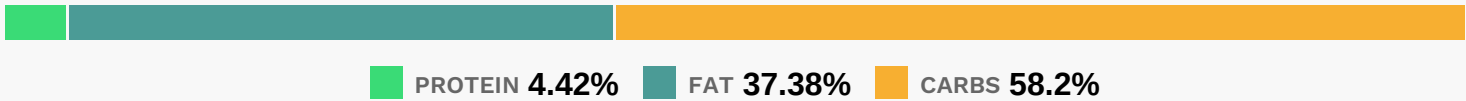
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. Line 8-inch square pan with foil. In large bowl, mix flours, sugar, butter and egg white with electric mixer on low speed until crumbly.
- ☐ Reserve 1/2 cup crumb mixture for topping. Press remaining crumb mixture firmly in bottom of pan.
- ☐ Spread fruit spread to within 1/2 inch of edges.
- ☐ Sprinkle reserved 1/2 cup crumb mixture over top; sprinkle with walnuts.
- ☐ Bake 40 to 45 minutes or until light golden brown. Cool completely, about 1 hour. For bars, cut into 6 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:10.52, Inflammation Score:-1, Nutrition Score:2.4852174313172%

Flavonoids

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

Nutrients (% of daily need)

Calories: 131.07kcal (6.55%), Fat: 5.59g (8.59%), Saturated Fat: 2.6g (16.27%), Carbohydrates: 19.57g (6.52%), Net Carbohydrates: 18.78g (6.83%), Sugar: 11.49g (12.77%), Cholesterol: 10.17mg (3.39%), Sodium: 36.15mg (1.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.97%), Manganese: 0.27mg (13.35%), Selenium: 4.31µg (6.15%), Vitamin B1: 0.06mg (3.99%), Copper: 0.07mg (3.56%), Fiber: 0.79g (3.15%), Folate: 12.55µg (3.14%), Phosphorus: 29.38mg (2.94%), Vitamin B2: 0.05mg (2.68%), Magnesium: 10.51mg (2.63%), Iron: 0.44mg (2.47%), Vitamin A: 119.01IU (2.38%), Vitamin B3: 0.45mg (2.25%), Vitamin B6: 0.03mg (1.62%), Zinc: 0.21mg (1.41%), Vitamin C: 0.97mg (1.17%), Potassium: 40.02mg (1.14%), Vitamin E: 0.17mg (1.12%)