



Jam-Easy Fruit Bars

 Dairy Free

READY IN



110 min.

SERVINGS



32

CALORIES



101 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.8 cup butter softened
- ☐ 0.7 cup granulated sugar
- ☐ 2 teaspoons vanilla
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup jam
- ☐ 1 serving powdered sugar

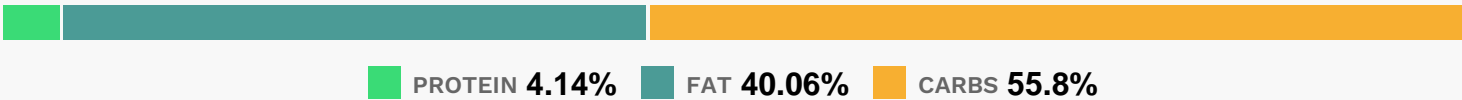
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Heat oven to 350°F. Grease bottom and sides of 13x9-inch pan with shortening. In medium bowl, mix butter, granulated sugar, vanilla and egg with spoon. Stir in flour and baking powder until dough forms. Pat dough evenly in pan.
- ☐ Beginning 3/4 inch from short side of pan, press 1/2-inch-wide and 1/4-inch-deep groove in dough, using end of wooden spoon. Make 8 more grooves, each 1 1/2 inches apart. Fill each groove with slightly less than 1 tablespoon jam.
- ☐ Bake 20 to 25 minutes or until light golden brown. Cool completely, about 1 hour.
- ☐ Sprinkle with powdered sugar. For bars, cut into 8 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:9.13, Glycemic Load:9.22, Inflammation Score:-2, Nutrition Score:1.5830434585881%

Nutrients (% of daily need)

Calories: 101.19kcal (5.06%), Fat: 4.51g (6.93%), Saturated Fat: 0.94g (5.9%), Carbohydrates: 14.13g (4.71%), Net Carbohydrates: 13.86g (5.04%), Sugar: 7.04g (7.82%), Cholesterol: 5.11mg (1.7%), Sodium: 60.67mg (2.64%), Alcohol: 0.09g (100%), Alcohol %: 0.44% (100%), Protein: 1.05g (2.1%), Selenium: 3.2µg (4.58%), Vitamin B1: 0.06mg (4.22%), Vitamin A: 197.73IU (3.95%), Folate: 15.58µg (3.9%), Vitamin B2: 0.05mg (3.06%), Manganese: 0.06mg (2.83%), Iron: 0.42mg (2.34%), Vitamin B3: 0.47mg (2.33%), Phosphorus: 14.78mg (1.48%), Vitamin E: 0.19mg (1.27%), Fiber: 0.27g (1.08%)