



Jammin Good Bars

 Dairy Free

READY IN



55 min.

SERVINGS



15

CALORIES



320 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 10 ounce raspberry preserves
- ☐ 0.1 teaspoon salt
- ☐ 1 cup shortening
- ☐ 1 cup sugar white

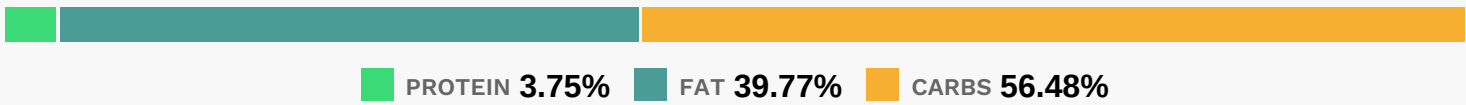
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C). Grease a 9x13 inch baking pan.
- ☐ In a large bowl, stir together the flour, sugar, baking powder, salt and cinnamon.
- ☐ Cut in the shortening until the mixture is coarse and crumbly. Stir in the egg. I use my hands to mix it all together, it just seems easier. Press about half of the mixture into the bottom of the prepared pan.
- ☐ Spread the raspberry preserves over the crust then sprinkle with the remaining crumb mixture.
- ☐ Bake for about 35 to 40 minutes in the preheated oven, until lightly toasted. Careful not to overcook. Cool in the pan on a wire rack. Then cut into squares, enjoy!

Nutrition Facts



Properties

Glycemic Index:19.81, Glycemic Load:30.23, Inflammation Score:-2, Nutrition Score:4.8313044050465%

Nutrients (% of daily need)

Calories: 320.19kcal (16.01%), Fat: 14.25g (21.92%), Saturated Fat: 3.55g (22.18%), Carbohydrates: 45.53g (15.18%), Net Carbohydrates: 44.61g (16.22%), Sugar: 22.55g (25.06%), Cholesterol: 10.91mg (3.64%), Sodium: 59.05mg (2.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.05%), Selenium: 9.84µg (14.05%), Vitamin B1: 0.2mg (13.55%), Folate: 49.21µg (12.3%), Manganese: 0.19mg (9.56%), Vitamin B2: 0.15mg (9.05%), Iron: 1.36mg (7.53%), Vitamin B3: 1.49mg (7.43%), Vitamin K: 7.38µg (7.02%), Vitamin E: 0.91mg (6.05%), Phosphorus: 42.28mg (4.23%), Fiber: 0.92g (3.68%), Copper: 0.06mg (2.91%), Calcium: 25.79mg (2.58%), Vitamin B5: 0.25mg (2.51%), Vitamin C: 1.67mg (2.02%), Magnesium: 6.72mg (1.68%), Zinc: 0.23mg (1.51%), Potassium: 45.96mg (1.31%)