



Joanne's Apricot Bars

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup flour
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 large eggs
- ☐ 1 cup brown sugar packed ()
- ☐ 18 servings powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup butter unsalted chilled cut into 1/2-inch cubes (1 stick)

- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup walnuts toasted chopped

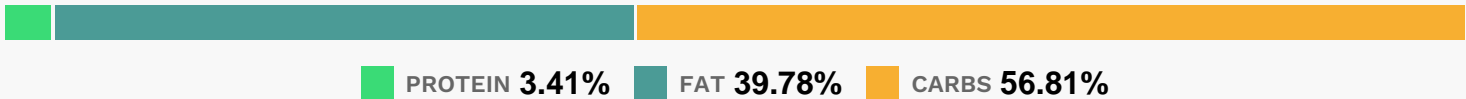
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350°F. Spray 8x8x2-inch glass baking dish with nonstick spray. Blend flour, sugar, and salt in processor.
- ☐ Add butter; using on/off turns, process until coarse meal forms. Press crumbs firmly onto bottom of dish.
- ☐ Bake until center is golden, about 25 minutes. Maintain oven temperature.
- ☐ Place apricots in small saucepan; add enough water to cover. Boil until soft, about 4 minutes; drain and set aside.
- ☐ Sift flour, baking powder, and salt into small bowl. Using electric mixer, beat eggs in large bowl.
- ☐ Add brown sugar and vanilla; beat until thick. Stir in flour mixture, then nuts and apricots.
- ☐ Spread over shortbread.
- ☐ Bake cookie until puffed, dark brown, and toothpick inserted into topping comes out with small moist crumbs attached, about 35 minutes. Cool in dish.
- ☐ Cut cookie into 6 strips, then crosswise into thirds.
- ☐ Transfer to waxed paper. Sift powdered sugar over bars.

Nutrition Facts



Properties

Glycemic Index:14.28, Glycemic Load:3.29, Inflammation Score:-1, Nutrition Score:2.0556521644087%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

Nutrients (% of daily need)

Calories: 171.47kcal (8.57%), Fat: 7.79g (11.99%), Saturated Fat: 3.62g (22.6%), Carbohydrates: 25.04g (8.35%), Net Carbohydrates: 24.76g (9%), Sugar: 22.58g (25.09%), Cholesterol: 34.22mg (11.41%), Sodium: 56.39mg (2.45%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Protein: 1.5g (3%), Manganese: 0.14mg (6.86%), Selenium: 2.92µg (4.18%), Vitamin A: 188.23IU (3.76%), Copper: 0.07mg (3.33%), Phosphorus: 29.19mg (2.92%), Vitamin B2: 0.05mg (2.71%), Folate: 10.34µg (2.59%), Calcium: 24.97mg (2.5%), Iron: 0.41mg (2.26%), Vitamin B1: 0.03mg (2.12%), Magnesium: 7.58mg (1.9%), Vitamin B6: 0.03mg (1.66%), Vitamin E: 0.23mg (1.53%), Vitamin D: 0.21µg (1.37%), Vitamin B5: 0.14mg (1.37%), Zinc: 0.2mg (1.33%), Potassium: 42.65mg (1.22%), Fiber: 0.28g (1.12%)