



Lamington Bars

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



200 kcal

DESSERT

Ingredients

- ☐ 1 cup almonds chopped
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 cup butter softened
- ☐ 5 cups coconut or flaked
- ☐ 6 cups confectioners' sugar
- ☐ 3 eggs
- ☐ 2 cups flour all-purpose
- ☐ 11 tablespoons milk

- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 0.8 cup sugar white

Equipment

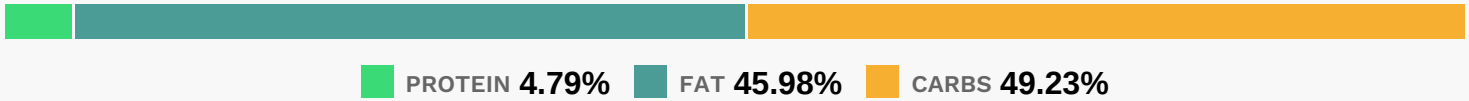
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ toothpicks

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease 10 X 15 inch jelly roll pan.
- ☐ Place a 22 inch length of waxed paper lengthwise in pan. Smooth paper so it conforms to pan, allowing excess to hang over ends of pan. Butter the waxed paper.
- ☐ In a medium bowl, combine flour, baking powder and salt, set aside.
- ☐ In a large mixing bowl, beat butter, sugar and vanilla until light and fluffy.
- ☐ Add eggs one at a time, beating well after each addition.
- ☐ Stir in flour mixture 1/2 cup at a time, blending well after each addition. Stir in chopped nuts.
- ☐ Spread evenly in prepared pan.
- ☐ Bake 10 – 15 minutes, or just until a toothpick inserted in the center comes out clean. Holding ends of waxed paper, lift cookie base out of pan and place on rack. Cool.
- ☐ To prepare Glaze: In a large bowl, whisk together powdered sugar and cocoa until no lumps remain.
- ☐ Add vanilla and 4 tablespoons milk.
- ☐ Add enough of the remaining milk to make a smooth, creamy glaze of medium consistency.

- ☐ Line a large baking sheet with waxed paper.
- ☐ Place coconut on a large plate.
- ☐ Cut cookie base in 48 (1 1/4 X 2 1/2 inch) strips.
- ☐ Use a fork to spear cookie rectangles; dip into chocolate glaze, allowing excess to drip back into bowl.
- ☐ Place chocolate dipped cookie on plate of coconut; use 2 forks to turn cookie so that all sides are coated.
- ☐ Place on prepared baking sheet and refrigerate until glaze is set. Store in airtight container at room temperature one week; freeze for longer storage.

Nutrition Facts



Properties

Glycemic Index:6.98, Glycemic Load:5.17, Inflammation Score:-2, Nutrition Score:4.2695651948452%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.36mg, Epicatechin: 2.36mg, Epicatechin: 2.36mg, Epicatechin: 2.36mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 199.7kcal (9.99%), Fat: 10.67g (16.42%), Saturated Fat: 7.26g (45.36%), Carbohydrates: 25.71g (8.57%), Net Carbohydrates: 23.31g (8.48%), Sugar: 18.8g (20.89%), Cholesterol: 18.27mg (6.09%), Sodium: 52.97mg (2.3%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Protein: 2.5g (5%), Manganese: 0.39mg (19.73%), Fiber: 2.4g (9.59%), Copper: 0.16mg (7.87%), Selenium: 4.75µg (6.79%), Vitamin E: 0.92mg (6.13%), Magnesium: 23.97mg (5.99%), Phosphorus: 58.57mg (5.86%), Vitamin B2: 0.09mg (5.5%), Iron: 0.88mg (4.89%), Vitamin B1: 0.06mg (3.76%), Folate: 13.42µg (3.36%), Potassium: 104.07mg (2.97%), Zinc: 0.44mg (2.96%), Vitamin B3: 0.5mg (2.51%), Calcium: 24.35mg (2.43%), Vitamin A: 109.08IU (2.18%), Vitamin B6: 0.04mg (2.06%), Vitamin B5: 0.17mg (1.7%)