



Lattice Fruit Bars

 Vegetarian

READY IN



50 min.

SERVINGS



42

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup apricot preserves
- 1 teaspoon double-acting baking powder
- 1 cup butter cold cubed
- 2 eggs
- 3 cups flour all-purpose
- 0.8 cup raspberry jam
- 0.5 teaspoon salt
- 1 cup sugar

2 teaspoons vanilla extract

Equipment

bowl

oven

wire rack

baking pan

Directions

In a large bowl, combine the flour, sugar, baking powder and salt; cut in butter until crumbly.

Combine eggs and vanilla; stir into crumb mixture until blended. Cover and refrigerate a fourth of the dough for at least 45 minutes.

Press remaining dough into an ungreased 15-in. x 10-in. 1-in. baking pan.

Spread 1/4 cup apricot preserves in a 1-3/4-in. strip over one long side of crust.

Spread 1/4 cup of raspberry preserves in a 1-3/4-in. strip adjoining the apricot strip. Repeat twice.

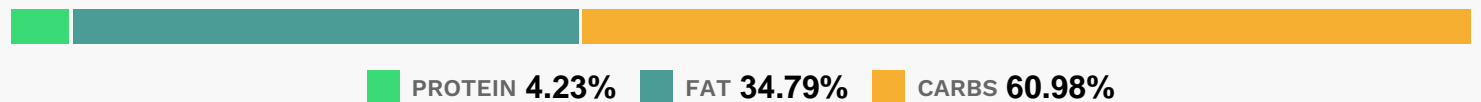
Roll out reserved dough to 1/8-in. thickness.

Cut into 1/2-in. strips; make a lattice top.

Bake at 325° for 30–35 minutes or until lightly browned. Cool on wire rack.

Cut into bars.

Nutrition Facts



Properties

Glycemic Index:8.15, Glycemic Load:10.54, Inflammation Score:-1, Nutrition Score:1.8617391249408%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 120.28kcal (6.01%), Fat: 4.7g (7.23%), Saturated Fat: 2.86g (17.87%), Carbohydrates: 18.53g (6.18%), Net Carbohydrates: 18.21g (6.62%), Sugar: 9.59g (10.66%), Cholesterol: 19.41mg (6.47%), Sodium: 79.38mg (3.45%), Alcohol: 0.07g (100%), Alcohol %: 0.26% (100%), Protein: 1.28g (2.57%), Selenium: 3.96µg (5.66%), Vitamin B1: 0.07mg (4.81%), Folate: 18.2µg (4.55%), Vitamin B2: 0.06mg (3.66%), Manganese: 0.07mg (3.32%), Vitamin A: 155.04IU (3.1%), Iron: 0.52mg (2.87%), Vitamin B3: 0.54mg (2.68%), Phosphorus: 18.47mg (1.85%), Fiber: 0.32g (1.28%), Copper: 0.03mg (1.26%), Calcium: 11.55mg (1.16%), Vitamin E: 0.17mg (1.1%), Vitamin C: 0.91mg (1.1%)