



Layered Apricot Bars

 Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



208 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.8 cup firmly brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 6 ounce apricots dried
- ☐ 2 large eggs
- ☐ 1.3 cups flour all-purpose divided
- ☐ 18 servings powdered sugar
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Bring apricots and water to cover to a boil in a small saucepan. Reduce heat, and simmer, uncovered, 15 minutes or until tender.
- ☐ Drain and coarsely chop apricots; set aside.
- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add 1/4 cup sugar, beating well. Stir in 1 cup flour, and press mixture into a lightly greased aluminum foil-lined 9-inch square pan.
- ☐ Bake at 350 for 15 to 20 minutes or until lightly browned.
- ☐ Beat eggs at medium speed until thick and pale; gradually add brown sugar, beating well.
- ☐ Add remaining 1/3 cup flour, baking powder, and salt, beating well. Stir in chopped apricot, walnuts, and vanilla; spread mixture evenly over crust.
- ☐ Bake at 325 for 45 minutes.
- ☐ Let cool completely in pan.
- ☐ Cut into bars; sprinkle with powdered sugar.
- ☐ Prep: 25 min.;
- ☐ Bake: 1 hr., 5 min.

Nutrition Facts



 PROTEIN **4.74%**  FAT **33.06%**  CARBS **62.2%**

Properties

Glycemic Index:16.14, Glycemic Load:8.87, Inflammation Score:-4, Nutrition Score:4.0999999836735%

Flavonoids

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

Nutrients (% of daily need)

Calories: 208.36kcal (10.42%), Fat: 7.87g (12.11%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 33.33g (11.11%), Net Carbohydrates: 32.17g (11.7%), Sugar: 24.69g (27.44%), Cholesterol: 20.67mg (6.89%), Sodium: 115.4mg (5.02%), Alcohol: 0.08g (100%), Alcohol %: 0.18% (100%), Protein: 2.54g (5.08%), Vitamin A: 596.77IU (11.94%), Manganese: 0.2mg (10.24%), Selenium: 5.39µg (7.7%), Folate: 23.84µg (5.96%), Vitamin B1: 0.09mg (5.87%), Copper: 0.11mg (5.33%), Iron: 0.96mg (5.32%), Vitamin B2: 0.09mg (5.15%), Fiber: 1.16g (4.63%), Vitamin E: 0.69mg (4.61%), Potassium: 156.94mg (4.48%), Phosphorus: 43.22mg (4.32%), Vitamin B3: 0.84mg (4.22%), Magnesium: 11.93mg (2.98%), Calcium: 29.06mg (2.91%), Vitamin B6: 0.05mg (2.44%), Vitamin B5: 0.21mg (2.1%), Zinc: 0.28mg (1.85%)