



Linzer Torte Bars

 Dairy Free

READY IN



95 min.

SERVINGS



48

CALORIES



65 kcal

DESSERT

Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 1 cup powdered sugar
- ☐ 1 cup walnuts
- ☐ 0.5 cup butter softened
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.7 cup raspberry jam red

Equipment

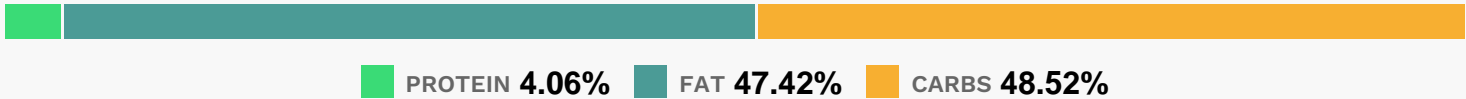
- ☐ frying pan

☐ oven

Directions

- ☐ Heat oven to 375°F.
- ☐ Mix all ingredients except preserves with spoon until crumbly. Press two-thirds of crumbly mixture on bottom of ungreased square pan, 9x9x2 inches.
- ☐ Spread with preserves.
- ☐ Sprinkle with remaining crumbly mixture; press gently into preserves.
- ☐ Bake 20 to 25 minutes or until light golden brown. Cool completely, about 1 hour. For 48 bars, cut into 8 rows by 6 rows bars. Or cut into squares or triangles.

Nutrition Facts



Properties

Glycemic Index:3.23, Glycemic Load:3.23, Inflammation Score:-1, Nutrition Score:1.1269565143663%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 65.33kcal (3.27%), Fat: 3.52g (5.42%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 8.11g (2.7%), Net Carbohydrates: 7.81g (2.84%), Sugar: 4.81g (5.34%), Cholesterol: 0mg (0%), Sodium: 23.96mg (1.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Manganese: 0.11mg (5.33%), Copper: 0.05mg (2.37%), Vitamin B1: 0.03mg (1.98%), Folate: 7.7µg (1.92%), Vitamin A: 85.13IU (1.7%), Selenium: 1.11µg (1.59%), Phosphorus: 12.7mg (1.27%), Vitamin B2: 0.02mg (1.26%), Iron: 0.22mg (1.21%), Fiber: 0.3g (1.19%), Magnesium: 4.7mg (1.17%)