



Linzer Torte Bars (Cookie Exchange Quantity)

 Dairy Free

READY IN



115 min.

SERVINGS



72

CALORIES



131 kcal

DESSERT

Ingredients

- ☐ 3 cups flour all-purpose
- ☐ 3 cups powdered sugar
- ☐ 3 cups walnuts
- ☐ 1.5 cups butter softened
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 2 cups strawberry jam
- ☐ 1 serving powdered sugar

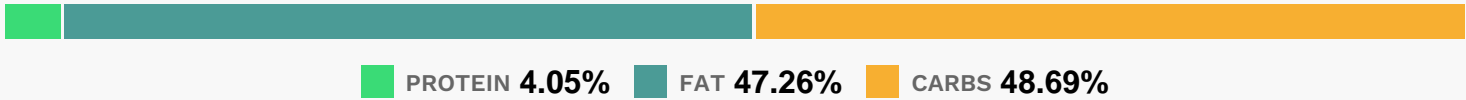
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 375°F. In large bowl, stir together all ingredients except preserves and additional powdered sugar with spoon until crumbly. Reserve 2 cups of the mixture for topping; press remaining mixture in bottom of ungreased 15x10x1-inch pan.
- ☐ Bake 15 to 20 minutes or until crust is golden brown.
- ☐ Spread with preserves.
- ☐ Sprinkle with reserved crumb mixture; press gently into preserves.
- ☐ Bake 20 to 25 minutes longer or until light golden brown. Cool completely, about 1 hour.
- ☐ Sprinkle with additional powdered sugar. For bars, cut into 12 rows by 6 rows.

Nutrition Facts



Properties

Glycemic Index:2.15, Glycemic Load:6.47, Inflammation Score:-2, Nutrition Score:2.2560869397029%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 131.08kcal (6.55%), Fat: 7.04g (10.84%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 16.33g (5.44%), Net Carbohydrates: 15.73g (5.72%), Sugar: 9.72g (10.8%), Cholesterol: 0mg (0%), Sodium: 47.93mg (2.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.72%), Manganese: 0.21mg (10.66%), Copper: 0.09mg (4.75%), Vitamin B1: 0.06mg (3.97%), Folate: 15.4µg (3.85%), Vitamin A: 170.26IU (3.41%), Selenium: 2.23µg (3.18%), Phosphorus: 25.4mg (2.54%), Vitamin B2: 0.04mg (2.53%), Iron: 0.44mg (2.42%), Fiber: 0.59g (2.37%), Magnesium: 9.39mg (2.35%), Vitamin B3: 0.37mg (1.84%), Vitamin B6: 0.03mg (1.54%), Vitamin E: 0.2mg (1.31%), Zinc: 0.19mg (1.29%), Vitamin C: 0.91mg (1.1%), Potassium: 36.61mg (1.05%)