

Mango Shortbread Bars



Vegetarian

READY IN

ready

90 min.

SERVINGS

servings

15

CALORIES

calories

210 kcal

DESSERT

Ingredients

- ☐ 1.5 cups butter
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1 pinch ground nutmeg
- ☐ 4 cups mangos sliced
- ☐ 0.3 cup sugar white

Equipment

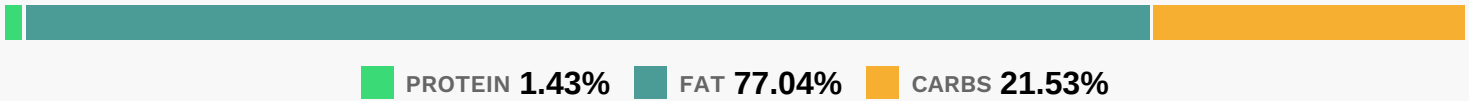
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In large bowl, cream together butter and 1/2 cup sugar. Blend in 3 cups flour and press 1/2 of mixture into the bottom of a 9x13 inch baking dish.
- ☐ In a medium bowl, stir together mango, 1/4 cup sugar, 1/4 cup flour, cinnamon and nutmeg until well combined.
- ☐ Pour mango mixture over shortbread in pan.
- ☐ Sprinkle remaining shortbread mixture over mango mixture. Press down lightly.
- ☐ Bake 1 hour, until topping is golden brown.
- ☐ Let cool 15 minutes in dish before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:21.46, Glycemic Load:6.55, Inflammation Score:-6, Nutrition Score:3.758695612783%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 210.42kcal (10.52%), Fat: 18.63g (28.67%), Saturated Fat: 11.73g (73.31%), Carbohydrates: 11.72g (3.91%), Net Carbohydrates: 10.84g (3.94%), Sugar: 9.4g (10.44%), Cholesterol: 48.81mg (16.27%), Sodium: 146.51mg (6.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.56%), Vitamin A: 1044.01IU (20.88%), Vitamin C: 16.03mg (19.42%), Vitamin E: 0.93mg (6.19%), Folate: 23.48µg (5.87%), Manganese: 0.08mg (3.95%), Fiber: 0.88g (3.52%), Vitamin K: 3.51µg (3.34%), Vitamin B6: 0.05mg (2.72%), Copper: 0.05mg (2.67%), Potassium: 82.76mg

(2.36%), Vitamin B3: 0.43mg (2.15%), Vitamin B2: 0.04mg (2.09%), Vitamin B1: 0.03mg (2.01%), Selenium: 1.22µg (1.75%), Phosphorus: 14.13mg (1.41%), Magnesium: 5.55mg (1.39%), Calcium: 12.76mg (1.28%), Vitamin B5: 0.12mg (1.21%), Iron: 0.19mg (1.07%)