

Mojito Bars

READY IN



140 min.

SERVINGS



24

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons rum extract light
- 16 mint leaves fresh chopped
- 0.8 cup butter softened
- 0.5 cup powdered sugar
- 2 cups flour all-purpose
- 4 eggs
- 1.5 cups granulated sugar
- 0.3 teaspoon salt
- 2 teaspoons lime zest grated

- 0.7 cup juice of lime fresh (from 6 limes)
- 2 drops drop natural food coloring green
- 2 tablespoons milk
- 1 tablespoon powdered sugar

Equipment

- bowl
- frying pan
- oven
- whisk
- sieve
- hand mixer

Directions

- In small bowl, combine rum and chopped mint. Set aside.
- Heat oven to 350° F. Lightly spray 13x9-inch pan with cooking spray. In large bowl, mix butter and 1/2 cup powdered sugar together with electric mixer on medium speed.
- Mix in 1 3/4 cup of the flour on low speed, just until well combined. Press in pan.
- Bake 22 to 25 minutes or until set and lightly browned.
- Meanwhile, in large bowl, mix eggs and sugar, with whisk.
- Add remaining 1/4 cup flour and salt, mix with whisk until blended.
- Mix in lime peel, lime juice, food color and milk.
- Place strainer over medium bowl; pour rum mixture into strainer. Press mixture with back of spoon through strainer to drain liquid from leaves; discard leaves.
- Mix strained liquid into egg mixture, with whisk until well combined.
- Pour over partially baked crust.
- Bake 25 to 27 minutes longer or until center is set.
- Cool completely, about 1 hour.

Sprinkle with powdered sugar. For bars, cut into 6 rows by 4 rows. Store bars, tightly covered, in the refrigerator.

Nutrition Facts



PROTEIN 5.25% **FAT 36.14%** **CARBS 58.61%**

Properties

Glycemic Index:8.96, Glycemic Load:14.5, Inflammation Score:-3, Nutrition Score:2.7930434773798%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 161.5kcal (8.08%), Fat: 6.6g (10.16%), Saturated Fat: 1.46g (9.1%), Carbohydrates: 24.08g (8.03%), Net Carbohydrates: 23.72g (8.62%), Sugar: 15.48g (17.2%), Cholesterol: 27.43mg (9.14%), Sodium: 102.74mg (4.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.32%), Selenium: 5.91µg (8.44%), Vitamin A: 327.13IU (6.54%), Folate: 24.03µg (6.01%), Vitamin B1: 0.09mg (5.89%), Vitamin B2: 0.09mg (5.59%), Manganese: 0.08mg (4.14%), Iron: 0.66mg (3.67%), Vitamin B3: 0.64mg (3.22%), Phosphorus: 30.12mg (3.01%), Vitamin C: 2.29mg (2.78%), Vitamin E: 0.32mg (2.13%), Vitamin B5: 0.18mg (1.8%), Fiber: 0.37g (1.46%), Vitamin B12: 0.08µg (1.32%), Copper: 0.03mg (1.28%), Zinc: 0.19mg (1.25%), Calcium: 12.12mg (1.21%), Magnesium: 4.62mg (1.15%), Vitamin B6: 0.02mg (1.1%), Potassium: 38.26mg (1.09%), Vitamin D: 0.16µg (1.07%)