



Nancy Reagan's Vienna Chocolate Bars

READY IN



45 min.

SERVINGS



36

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup butter softened
- ☐ 4 large egg whites at room temperature
- ☐ 2 large egg yolk
- ☐ 2.5 cups flour all-purpose
- ☐ 1.5 cups granulated sugar divided
- ☐ 2 cups pecans lightly toasted finely chopped
- ☐ 10 oz raspberry jam seedless
- ☐ 1 cup semi chocolate chips
- ☐ 0.3 teaspoon salt

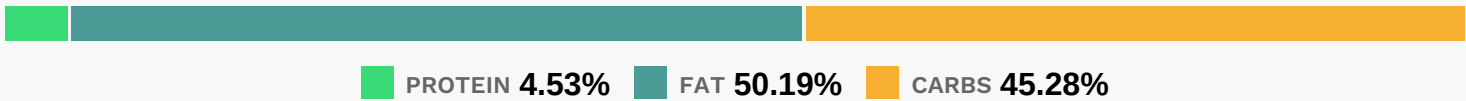
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil
- ☐ stand mixer

Directions

- ☐ Preheat oven to 350
- ☐ Line a 15- x 10-inch jelly-roll pan with aluminum foil; lightly grease foil. Beat butter and 1/2 cup sugar at medium speed with a heavy-duty electric stand mixer until well blended.
- ☐ Add egg yolks, and beat until combined. Gradually add flour, beating at low speed 1 to 2 minutes or just until combined. Press mixture onto bottom of prepared pan.
- ☐ Bake at 350 for 15 to 20 minutes or until golden brown.
- ☐ Remove from oven, and spread preserves over crust.
- ☐ Sprinkle with chocolate morsels.
- ☐ Beat egg whites and salt at high speed, using whisk attachment, until foamy. Gradually add remaining 1 cup sugar, 1 Tbsp. at a time, beating until glossy and stiff peaks form. Fold in pecans. Gently spread egg white mixture over chocolate mixture.
- ☐ Bake at 350 for 30 to 35 minutes or until meringue is browned and crispy. Cool completely on a wire rack (1 hour).
- ☐ Cut into bars.
- ☐ Note: We tested with Dickinson's Pure Seedless Cascade Mountain Red Raspberry Preserves.

Nutrition Facts



Properties

Glycemic Index:7.22, Glycemic Load:13.57, Inflammation Score:-2, Nutrition Score:4.0773913432723%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 206.53kcal (10.33%), Fat: 11.76g (18.1%), Saturated Fat: 4.82g (30.13%), Carbohydrates: 23.88g (7.96%), Net Carbohydrates: 22.57g (8.21%), Sugar: 14.27g (15.86%), Cholesterol: 24.06mg (8.02%), Sodium: 66.51mg (2.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.3mg (1.43%), Protein: 2.39g (4.78%), Manganese: 0.4mg (20.12%), Copper: 0.16mg (7.88%), Vitamin B1: 0.11mg (7.54%), Selenium: 5.13µg (7.32%), Iron: 0.94mg (5.25%), Fiber: 1.3g (5.21%), Folate: 19.8µg (4.95%), Vitamin B2: 0.08mg (4.94%), Magnesium: 18.93mg (4.73%), Phosphorus: 46.39mg (4.64%), Vitamin A: 177.09IU (3.54%), Zinc: 0.5mg (3.34%), Vitamin B3: 0.63mg (3.17%), Potassium: 77.22mg (2.21%), Vitamin E: 0.3mg (2%), Vitamin B5: 0.15mg (1.49%), Calcium: 13.3mg (1.33%), Vitamin B6: 0.02mg (1.17%)