



Orange Marmalade Bars

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



237 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 cup orange marmalade
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup shortening
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

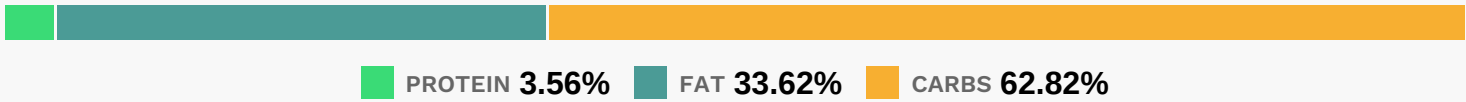
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease an 8-inch square pan.
- ☐ In a large mixing bowl, cream the shortening with the sugar, vanilla, and almond extract. Stir in the egg and mix until well blended. In a separate bowl, mix together the flour, baking powder, cinnamon, cloves and salt.
- ☐ Add to the first mixture and mix well.
- ☐ Spread half of the dough into the pan. Cover with a layer of marmalade.
- ☐ Spread the remaining dough over the top
- ☐ Bake for 25 minutes.
- ☐ Let cool before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:14.53, Inflammation Score:-1, Nutrition Score:3.449999977713%

Nutrients (% of daily need)

Calories: 236.77kcal (11.84%), Fat: 9.08g (13.96%), Saturated Fat: 2.28g (14.23%), Carbohydrates: 38.16g (12.72%), Net Carbohydrates: 37.49g (13.63%), Sugar: 24.42g (27.13%), Cholesterol: 13.64mg (4.55%), Sodium: 153.26mg (6.66%), Alcohol: 0.11g (100%), Alcohol %: 0.23% (100%), Protein: 2.16g (4.32%), Selenium: 6.64µg (9.48%), Vitamin B1: 0.13mg (8.49%), Folate: 32.73µg (8.18%), Manganese: 0.15mg (7.7%), Vitamin B2: 0.1mg (6.04%), Iron: 0.89mg (4.94%), Vitamin B3: 0.94mg (4.71%), Vitamin K: 4.69µg (4.46%), Vitamin E: 0.59mg (3.95%), Calcium: 35.48mg

(3.55%), Phosphorus: 32.62mg (3.26%), Fiber: 0.67g (2.67%), Copper: 0.05mg (2.53%), Vitamin B5: 0.19mg (1.87%),
Vitamin C: 1.28mg (1.56%), Magnesium: 4.7mg (1.18%), Zinc: 0.17mg (1.14%)