



Peach Melba Shortbread Bars

 Vegetarian

READY IN



140 min.

SERVINGS



1

CALORIES



4282 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 1 cup butter cold
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1 cup peach preserves
- ☐ 1 serving powdered sugar
- ☐ 6 teaspoons raspberry jam
- ☐ 0.3 teaspoon salt

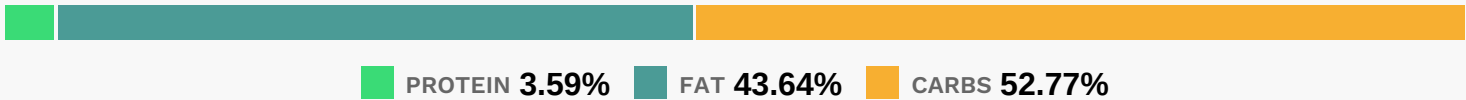
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 3 ingredients in a medium bowl.
- ☐ Cut in butter with a pastry blender until crumbly. Reserve 1 cup flour mixture.
- ☐ Lightly grease an 11- x 7-inch or 9-inch square pan. Press remaining flour mixture onto bottom of prepared pan.
- ☐ Bake at 350 for 25 to 30 minutes or until lightly browned.
- ☐ Spread peach preserves over crust in pan. Dollop raspberry preserves by 1/2 teaspoonfuls over peach preserves.
- ☐ Sprinkle reserved 1 cup flour mixture over preserves.
- ☐ Sprinkle with almonds.
- ☐ Bake at 350 for 35 to 40 minutes or until golden brown.
- ☐ Let cool 1 hour on a wire rack.
- ☐ Cut into bars.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:315.09, Glycemic Load:350.76, Inflammation Score:-10, Nutrition Score:55.69000005722%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 4282.01kcal (214.1%), Fat: 210.09g (323.21%), Saturated Fat: 118.85g (742.82%), Carbohydrates: 571.63g (190.54%), Net Carbohydrates: 554.93g (201.79%), Sugar: 295.71g (328.56%), Cholesterol: 488.05mg (162.68%), Sodium: 2169.84mg (94.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.92g (77.84%), Manganese: 2.91mg (145.74%), Vitamin B1: 2.13mg (141.95%), Selenium: 97.2µg (138.85%), Folate: 526.57µg (131.64%), Vitamin B2: 2.15mg (126.32%), Vitamin E: 17.65mg (117.67%), Vitamin A: 5673.19IU (113.46%), Iron: 15.28mg (84.91%), Vitamin B3: 16.66mg (83.29%), Fiber: 16.7g (66.81%), Phosphorus: 618.32mg (61.83%), Copper: 1.22mg (61.19%), Magnesium: 199.04mg (49.76%), Vitamin C: 33.62mg (40.75%), Calcium: 293.56mg (29.36%), Potassium: 955.58mg (27.3%), Zinc: 3.63mg (24.21%), Vitamin B5: 1.64mg (16.37%), Vitamin K: 16.64µg (15.85%), Vitamin B6: 0.26mg (12.81%), Vitamin B12: 0.39µg (6.43%)