



Raspberry Almond Bars



Vegetarian



Popular

READY IN



42 min.

SERVINGS



36

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup raspberry jam seedless
- ☐ 1.5 cups sugar
- ☐ 0.8 cup butter unsalted chilled cut into 8 pieces ()
- ☐ 1.5 cups almonds whole

Equipment

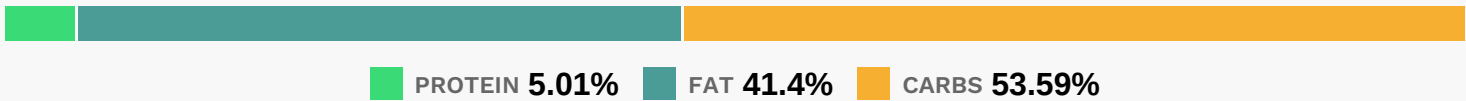
- ☐ food processor

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Heat oven to 375°F. Line a 13x9 baking pan on bottom and 2 sides with aluminum foil, making sure that foil is smooth and overhangs top of pan by about 4 inches on each side. Lightly spray foil with cooking spray.
- ☐ Place almonds and sugar in food processor and process until nuts are finely ground.
- ☐ Add flour, butter and almond extract and process until mixture is crumbly and begins to form small clumps.Press about 3/4 of almond mixture into prepared pan.
- ☐ Spread jam on top, then dot with remaining dough and sliced almonds
- ☐ Bake until jam is bubbling and topping is golden, about 25–30 minutes.
- ☐ Let cool completely on a wire rack.
- ☐ Remove from pan by grasping overhanging foil and place on cutting board.
- ☐ Remove foil and cut into 36 squares

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:12.27, Inflammation Score:-2, Nutrition Score:2.976956512617%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg

0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol:
0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 145.86kcal (7.29%), Fat: 6.89g (10.61%), Saturated Fat: 2.66g (16.65%), Carbohydrates: 20.08g (6.69%),
Net Carbohydrates: 19.09g (6.94%), Sugar: 13.18g (14.64%), Cholesterol: 10.17mg (3.39%), Sodium: 3.79mg (0.16%),
Alcohol: 0.02g (100%), Alcohol %: 0.07% (100%), Protein: 1.88g (3.75%), Vitamin E: 1.65mg (11%), Manganese:
0.18mg (8.8%), Vitamin B2: 0.1mg (6.12%), Magnesium: 17.71mg (4.43%), Copper: 0.08mg (3.98%), Fiber: 0.99g
(3.96%), Phosphorus: 37.22mg (3.72%), Vitamin B1: 0.05mg (3.66%), Folate: 13.33µg (3.33%), Selenium: 2.3µg
(3.28%), Iron: 0.51mg (2.86%), Vitamin B3: 0.53mg (2.64%), Vitamin A: 118.24IU (2.36%), Calcium: 19.92mg (1.99%),
Potassium: 57.9mg (1.65%), Zinc: 0.23mg (1.55%), Vitamin C: 0.83mg (1.01%)