



Raspberry-Almond Bars

 Vegetarian

READY IN



12 min.

SERVINGS



12

CALORIES



490 kcal

SIDE DISH

Ingredients

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

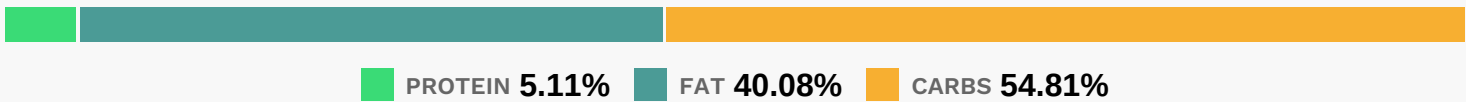
Equipment

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

Directions

- ☐ Preheat oven to 375F. Line a 9-by-13-inch baking pan on bottom and 2 long sides with a sheet of heavy-duty aluminum foil, making sure that foil is smooth and overhangs top of pan by at least 4 inches on both sides. Mist foil with cooking spray.
- ☐ Place almonds and sugar in a food processor and process until nuts are finely ground, about 20 seconds.
- ☐ Add flour, butter and almond extract and process until mixture is crumbly and begins to form small clumps, 15 to 20 seconds longer.
- ☐ Transfer 3 1/2 cups of almond mixture to baking pan and press into a compact, even layer.
- ☐ Spread jam lightly but evenly on top, taking care not to disturb almond layer. Press remaining almond mixture into loose, large crumbs and scatter evenly over jam.
- ☐ Sprinkle with sliced almonds.
- ☐ Bake until jam is bubbling and topping is golden, 25 to 30 minutes.
- ☐ Let cool completely on a wire rack. Grasping overhanging foil on either side of pan, lift pastry out of pan and place on a cutting board.
- ☐ Cut into 36 squares. Dust with confectioners' sugar before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:18.34, Glycemic Load:36.84, Inflammation Score:-5, Nutrition Score:10.134782611028%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 489.56kcal (24.48%), Fat: 22.44g (34.52%), Saturated Fat: 8.04g (50.27%), Carbohydrates: 69.05g (23.02%), Net Carbohydrates: 65.6g (23.85%), Sugar: 47.53g (52.81%), Cholesterol: 30.1mg (10.03%), Sodium: 11.56mg (0.5%), Alcohol: 0.06g (100%), Alcohol %: 0.06% (100%), Protein: 6.44g (12.88%), Vitamin E: 5.93mg (39.5%), Manganese: 0.62mg (30.81%), Vitamin B2: 0.36mg (21.02%), Magnesium: 63.48mg (15.87%), Copper: 0.28mg (13.95%), Fiber: 3.45g (13.79%), Phosphorus: 130.05mg (13%), Vitamin B1: 0.17mg (11.49%), Folate: 41.68µg (10.42%), Selenium: 7.09µg (10.13%), Iron: 1.69mg (9.39%), Vitamin B3: 1.73mg (8.63%), Calcium: 70.11mg (7.01%), Vitamin A: 350.08IU (7%), Potassium: 201.92mg (5.77%), Zinc: 0.82mg (5.47%), Vitamin C: 2.49mg (3.02%), Vitamin B6: 0.04mg (2.14%), Vitamin B5: 0.19mg (1.91%), Vitamin D: 0.21µg (1.4%)