



Raspberry-Almond Squares

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon almond extract
- 0.5 teaspoon double-acting baking powder
- 1 cup butter softened
- 1 eggs
- 2.5 cups flour all-purpose
- 0.7 cup raspberry jam melted
- 0.3 teaspoon salt
- 0.5 cup slivered almonds toasted

1 cup sugar

Equipment

frying pan

oven

hand mixer

Directions

Preheat oven to 35

Beat butter and sugar with an electric mixer until light and fluffy. Beat in egg and almond extract.

Add flour, baking powder and salt; beat until blended.

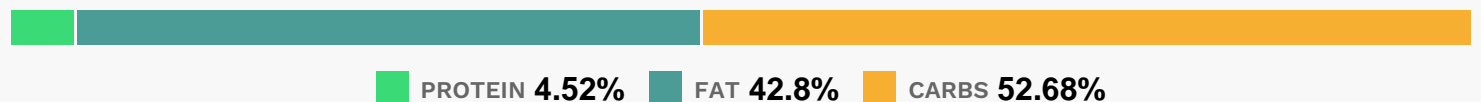
Spread in an ungreased 9" x 9" pan; smooth the surface.

Spread jam on surface.

Sprinkle almonds over jam.

Bake 20 minutes or just until edges are golden. Cool, then cut into $1\frac{1}{2}$ -inch squares.

Nutrition Facts



Properties

Glycemic Index:9.78, Glycemic Load:11.05, Inflammation Score:-2, Nutrition Score:2.1669565257819%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 126.32kcal (6.32%), Fat: 6.09g (9.36%), Saturated Fat: 3.35g (20.94%), Carbohydrates: 16.85g (5.62%), Net Carbohydrates: 16.36g (5.95%), Sugar: 8.7g (9.67%), Cholesterol: 18.1mg (6.03%), Sodium: 66.58mg (2.89%), Alcohol: 0.02g (100%), Alcohol %: 0.08% (100%), Protein: 1.45g (2.89%), Selenium: 3.6µg (5.15%), Vitamin B1: 0.07mg (4.87%), Manganese: 0.1mg (4.84%), Folate: 18µg (4.5%), Vitamin B2: 0.07mg (4.33%), Vitamin E: 0.56mg (3.71%), Vitamin A: 164.19IU (3.28%), Iron: 0.52mg (2.89%), Vitamin B3: 0.57mg (2.86%), Phosphorus: 22.94mg (2.29%), Fiber: 0.49g (1.96%), Copper: 0.04mg (1.78%), Magnesium: 6.51mg (1.63%), Calcium: 12.13mg (1.21%)