



## Raspberry Bars

 Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



221 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.7 cup flour all-purpose
- 1.3 cups flour all-purpose
- 0.5 cup pecans chopped
- 0.5 cup raspberry jam seedless
- 0.5 cup shortening
- 6 tablespoons shortening
- 0.5 cup sugar
- 6 tablespoons sugar

0.5 teaspoon vanilla extract

## Equipment

oven

baking pan

## Directions

Combine flour and sugar; cut in shortening until mixture resembles coarse crumbs. Press into a greased 9" x 9" baking dish; bake at 350 degrees for 20 to 25 minutes. Cool.

Mix Crumb Topping ingredients together with a fork until mixture resembles coarse crumbs.

Spread cooled crust with jam; top with crumb topping.

Bake 15 to 20 minutes longer. Cool; cut into bars.

## Nutrition Facts



**PROTEIN 3.01%** **FAT 49.46%** **CARBS 47.53%**

## Properties

Glycemic Index:19.73, Glycemic Load:17.55, Inflammation Score:-1, Nutrition Score:3.1830434578106%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

## Nutrients (% of daily need)

Calories: 220.79kcal (11.04%), Fat: 12.31g (18.94%), Saturated Fat: 2.7g (16.87%), Carbohydrates: 26.62g (8.87%), Net Carbohydrates: 25.86g (9.4%), Sugar: 14.29g (15.87%), Cholesterol: 0mg (0%), Sodium: 3.79mg (0.16%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Protein: 1.69g (3.38%), Manganese: 0.23mg (11.57%), Vitamin B1: 0.13mg (8.53%), Selenium: 4.87µg (6.96%), Folate: 26.06µg (6.52%), Vitamin K: 5.45µg (5.19%), Vitamin B2: 0.08mg (4.63%), Vitamin E: 0.67mg (4.48%), Iron: 0.75mg (4.18%), Vitamin B3: 0.83mg (4.13%), Copper: 0.07mg (3.28%), Fiber: 0.75g (3.02%), Phosphorus: 24.56mg (2.46%), Magnesium: 6.98mg (1.75%), Zinc: 0.24mg (1.58%), Vitamin B5: 0.15mg (1.54%), Vitamin C: 0.86mg (1.05%)