



## Raspberry Bars

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 cup butter
- 2 cups coconut or shredded
- 2 eggs
- 1 cup flour all-purpose
- 1 tablespoon milk
- 0.5 cup raspberry jam
- 0.5 teaspoon vanilla extract

0.7 cup sugar white

## Equipment

bowl

frying pan

oven

baking pan

## Directions

Preheat oven to 350 degrees F (180 degrees C). Grease a 8 inch square baking pan.

In large bowl, mix together the flour and baking powder.

Cut in 1/2 cup chilled butter cut into small pieces.

Mix until coarse crumbs form. Stir in eggs, 1 at a time, into the flour mixture.

Add the milk and stir til a soft dough forms.

Spread dough in pan, pressing with fingers to cover bottom evenly.

Spread the jam over top.

Prepare topping, in a medium sized bowl.

Mix together the sugar and 1/4 cup melted butter. Stir in coconut and vanilla.

Spread on top of jam layer.

Bake til topping is lightly browned, about 30 minutes. Cool completely.

Cut into bars.

## Nutrition Facts



## Properties

Glycemic Index:24.38, Glycemic Load:14.24, Inflammation Score:-1, Nutrition Score:3.0413043602653%

## Nutrients (% of daily need)

Calories: 159.81kcal (7.99%), Fat: 6.89g (10.6%), Saturated Fat: 5g (31.22%), Carbohydrates: 23.27g (7.76%), Net Carbohydrates: 22.04g (8.02%), Sugar: 14.2g (15.77%), Cholesterol: 28.2mg (9.4%), Sodium: 63.12mg (2.74%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Protein: 1.93g (3.87%), Manganese: 0.21mg (10.49%), Selenium: 5.66µg (8.09%), Folate: 20.76µg (5.19%), Fiber: 1.23g (4.91%), Vitamin B1: 0.07mg (4.84%), Vitamin B2: 0.08mg (4.59%), Iron: 0.79mg (4.37%), Phosphorus: 39.93mg (3.99%), Copper: 0.07mg (3.5%), Vitamin B3: 0.53mg (2.63%), Calcium: 24.57mg (2.46%), Vitamin A: 119.86IU (2.4%), Potassium: 62.39mg (1.78%), Zinc: 0.25mg (1.67%), Vitamin B5: 0.16mg (1.58%), Magnesium: 6.27mg (1.57%), Vitamin C: 1.26mg (1.53%), Vitamin E: 0.18mg (1.21%), Vitamin B6: 0.02mg (1.05%)