



Raspberry Cake Bars

READY IN



105 min.

SERVINGS



48

CALORIES



112 kcal

DESSERT

Ingredients

- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup butter firm
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cardamom
- ☐ 2 cups granulated sugar
- ☐ 0.8 cup butter softened
- ☐ 0.3 cup buttermilk
- ☐ 4 eggs

- ☐ 2.5 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 2 cups raspberries frozen thawed drained
- ☐ 2 teaspoons powdered sugar

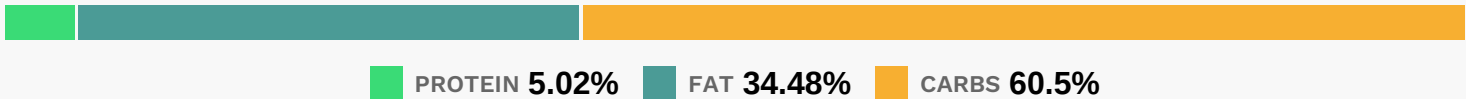
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Grease bottom only of 15x10x1-inch pan with shortening or cooking spray. In medium bowl, mix 1/2 cup flour and 1/2 cup granulated sugar.
- ☐ Cut in 1/4 cup butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture is crumbly. Stir in cinnamon and cardamom; set aside.
- ☐ In large bowl, beat 2 cups granulated sugar and 3/4 cup butter with electric mixer on medium speed until creamy. On low speed, beat in buttermilk and eggs until smooth. Stir in 2 1/2 cups flour and the salt.
- ☐ Spread in pan.
- ☐ Sprinkle with raspberries and topping.
- ☐ Bake 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.
- ☐ Sprinkle with powdered sugar. For bars, cut into 8 rows by 6 rows.

Nutrition Facts



Properties

Glycemic Index:7.44, Glycemic Load:11.68, Inflammation Score:-2, Nutrition Score:2.0443478213704%

Flavonoids

Cyanidin: 2.29mg, Cyanidin: 2.29mg, Cyanidin: 2.29mg, Cyanidin: 2.29mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 111.83kcal (5.59%), Fat: 4.35g (6.7%), Saturated Fat: 0.95g (5.93%), Carbohydrates: 17.19g (5.73%), Net Carbohydrates: 16.64g (6.05%), Sugar: 10.81g (12.02%), Cholesterol: 13.82mg (4.61%), Sodium: 63.98mg (2.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.85%), Selenium: 3.91µg (5.58%), Manganese: 0.09mg (4.74%), Vitamin B1: 0.07mg (4.38%), Folate: 17.2µg (4.3%), Vitamin A: 193.42IU (3.87%), Vitamin B2: 0.06mg (3.76%), Iron: 0.47mg (2.61%), Vitamin B3: 0.5mg (2.48%), Fiber: 0.55g (2.2%), Phosphorus: 19.68mg (1.97%), Vitamin C: 1.32mg (1.6%), Vitamin E: 0.23mg (1.57%), Vitamin B5: 0.12mg (1.17%)