



Raspberry-Coconut Bars

 Dairy Free

READY IN



60 min.

SERVINGS



24

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 eggs
- 7 ounce coconut flakes
- 1.3 cups flour
- 0.5 cup butter cold
- 0.3 cup raspberry jam red
- 0.3 teaspoon salt
- 0.5 cup sugar
- 3 tablespoons water cold

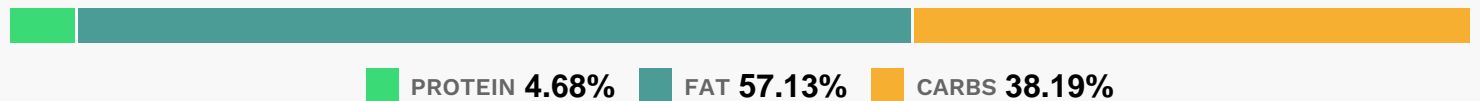
Equipment

- bowl
- oven
- wire rack
- baking pan
- hand mixer

Directions

- Preheat oven to 425 degrees F.
- Mix flour and salt in medium bowl.
- Cut in butter until mixture resembles coarse crumbs. Gradually add water, stirring with fork until well blended. Press firmly onto bottom of ungreased 9-inch square baking pan.
- Bake 20 minutes or until lightly browned. Reduce oven temperature to 350 degrees F.
- Beat eggs in small bowl with electric mixer on high speed until frothy. Gradually add sugar, beating until thick and lemon colored. Gently stir in coconut.
- Spread preserves over crust to within 1/4 inch of edges. Carefully spread coconut mixture over preserves. Continue baking 25 minutes or until golden brown. Cool completely on wire rack.
- Cut into 24 bars.

Nutrition Facts



Properties

Glycemic Index:8.34, Glycemic Load:8.26, Inflammation Score:-2, Nutrition Score:3.0052173702937%

Nutrients (% of daily need)

Calories: 146.69kcal (7.33%), Fat: 9.57g (14.73%), Saturated Fat: 5.65g (35.29%), Carbohydrates: 14.4g (4.8%), Net Carbohydrates: 12.82g (4.66%), Sugar: 7.09g (7.87%), Cholesterol: 13.64mg (4.55%), Sodium: 78.86mg (3.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.53%), Manganese: 0.27mg (13.73%), Selenium: 4.98µg (7.12%), Fiber: 1.58g (6.3%), Copper: 0.08mg (4.16%), Vitamin B1: 0.06mg (3.92%), Vitamin A: 188.96IU (3.78%),

Folate: 14.95µg (3.74%), Vitamin B2: 0.06mg (3.72%), Iron: 0.67mg (3.7%), Phosphorus: 33.31mg (3.33%),
Magnesium: 9.66mg (2.42%), Vitamin B3: 0.44mg (2.2%), Potassium: 62.64mg (1.79%), Vitamin B6: 0.04mg (1.76%),
Zinc: 0.26mg (1.75%), Vitamin B5: 0.16mg (1.56%), Vitamin E: 0.23mg (1.54%)