



Raspberry Crumble Bars

 Vegetarian

READY IN



60 min.

SERVINGS



9

CALORIES



508 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 9 servings confectioners' sugar for sprinkling
- ☐ 2.3 cups flour all-purpose
- ☐ 0.7 cup granola without fruit dried good
- ☐ 0.5 teaspoon kosher salt
- ☐ 10 ounces raspberry jam such as hero good
- ☐ 0.8 cup sugar
- ☐ 0.5 pound butter unsalted at room temperature 2 sticks

☐ 1 teaspoon vanilla extract pure

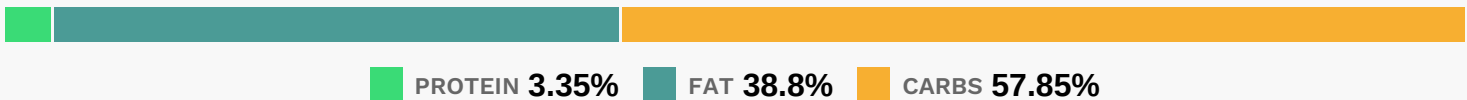
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees.
- ☐ Place the butter and sugar in the bowl of an electric mixer fitted with the paddle attachment and mix on medium speed just until combined. With the mixer on low, add the vanilla.
- ☐ Sift the flour and salt together and, with the mixer on low, slowly add to the butter mixture, mixing until it almost comes together in a ball. Turn the dough out on a board. Lightly pat two-thirds of the dough evenly on the bottom of a 9-inch square baking pan and about 1/4-inch up the sides.
- ☐ Spread with the jam, leaving a 1/4-inch border.
- ☐ Mix the granola into the remaining dough with your hands. Break the dough into small bits and distribute it on top of the jam, covering most of the surface.
- ☐ Sprinkle the almonds on top.
- ☐ Bake the bars for 45 minutes, until lightly browned.
- ☐ Cool completely and cut into 9 or 12 bars.
- ☐ Sprinkle lightly with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:23.34, Glycemic Load:41.3, Inflammation Score:-5, Nutrition Score:7.2860869661621%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg 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: 507.58kcal (25.38%), Fat: 22.13g (34.04%), Saturated Fat: 13.1g (81.86%), Carbohydrates: 74.21g (24.74%), Net Carbohydrates: 72.39g (26.32%), Sugar: 41.98g (46.64%), Cholesterol: 54.18mg (18.06%), Sodium: 143.96mg (6.26%), Alcohol: 0.15g (100%), Alcohol %: 0.14% (100%), Protein: 4.3g (8.6%), Vitamin B1: 0.27mg (17.87%), Selenium: 12.12µg (17.32%), Folate: 65µg (16.25%), Manganese: 0.3mg (15.01%), Vitamin A: 682.78IU (13.66%), Vitamin B2: 0.23mg (13.59%), Vitamin B3: 2.1mg (10.49%), Iron: 1.83mg (10.15%), Vitamin E: 1.3mg (8.64%), Fiber: 1.82g (7.29%), Copper: 0.12mg (6.19%), Phosphorus: 61.46mg (6.15%), Magnesium: 16.73mg (4.18%), Vitamin C: 3.16mg (3.83%), Potassium: 100.51mg (2.87%), Vitamin K: 2.67µg (2.54%), Calcium: 25.34mg (2.53%), Vitamin D: 0.38µg (2.52%), Zinc: 0.37mg (2.45%), Vitamin B5: 0.2mg (1.95%), Vitamin B6: 0.03mg (1.39%)