



## Raspberry-Kissed Coconut Bars

 Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tsp almond extract
- 4 egg whites
- 2.7 cups baker's angel flake coconut (7-oz. pkg.)
- 6 Tbsp flour
- 0.3 cup raspberry jam
- 25 square shortbread cookies
- 0.7 cup sugar

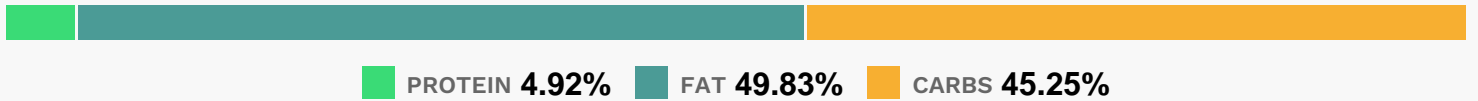
### Equipment

- bowl
- frying pan
- oven
- knife
- aluminum foil

## Directions

- Heat oven to 325F.
- Line 9-inch square pan with foil, with ends of foil extending over sides; spray with cooking spray. Arrange cookies, in single layer, on bottom of prepared pan.
- Combine coconut, sugar and flour in large bowl.
- Add egg whites and extract; mix well. Carefully spread over cookies. Drop small spoonfuls of jam over coconut mixture; swirl gently with knife to marbleize.
- Bake 28 to 30 min. or until center is almost set and edges are golden brown. Cool completely. Use foil handles to remove dessert from pan before cutting into bars.

## Nutrition Facts



## Properties

Glycemic Index:5.87, Glycemic Load:5.1, Inflammation Score:-1, Nutrition Score:1.5126087169932%

## Nutrients (% of daily need)

Calories: 78.04kcal (3.9%), Fat: 4.44g (6.83%), Saturated Fat: 3.24g (20.27%), Carbohydrates: 9.07g (3.02%), Net Carbohydrates: 8.15g (2.96%), Sugar: 5.24g (5.82%), Cholesterol: 0mg (0%), Sodium: 22.64mg (0.98%), Alcohol: 0.03g (100%), Alcohol %: 0.22% (100%), Protein: 0.99g (1.97%), Manganese: 0.17mg (8.27%), Fiber: 0.93g (3.71%), Selenium: 2.14µg (3.05%), Copper: 0.05mg (2.42%), Vitamin B2: 0.04mg (2.22%), Iron: 0.36mg (1.99%), Vitamin B1: 0.03mg (1.8%), Folate: 6.2µg (1.55%), Phosphorus: 15.15mg (1.52%), Magnesium: 5.76mg (1.44%), Vitamin B3: 0.24mg (1.2%), Potassium: 38.33mg (1.1%)