



Raspberry Kuchen Bars

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup butter melted
- 6 eggs divided
- 2.3 cups flour all-purpose divided
- 3 c raspberries
- 2.5 cups sugar divided
- 1 teaspoon vanilla extract
- 0.5 cup whipping cream

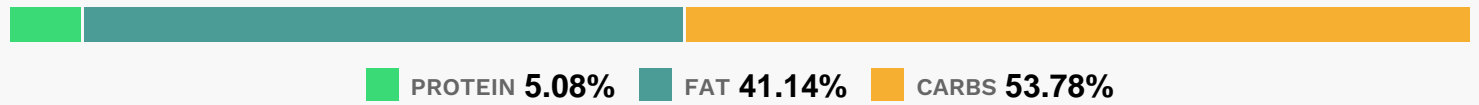
Equipment

- bowl
- frying pan
- oven

Directions

- In a bowl, mix butter, one cup sugar, 2 eggs, 2 cups flour and vanilla.
- Spread in a greased 15"x10" jelly-roll pan.
- Sprinkle with raspberries; set aside. Stir together cream and remaining sugar, eggs and flour in a separate bowl; pour over berries.
- Bake at 350 degrees for 30 minutes, or until topping is set. Cool; cut into bars.

Nutrition Facts



Properties

Glycemic Index:6.14, Glycemic Load:14.15, Inflammation Score:-2, Nutrition Score:2.7960869592169%

Flavonoids

Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 154.37kcal (7.72%), Fat: 7.19g (11.06%), Saturated Fat: 4.24g (26.53%), Carbohydrates: 21.15g (7.05%), Net Carbohydrates: 20.29g (7.38%), Sugar: 14.47g (16.07%), Cholesterol: 44.57mg (14.86%), Sodium: 52.26mg (2.27%), Alcohol: 0.04g (100%), Alcohol %: 0.1% (100%), Protein: 2g (4%), Selenium: 5.17µg (7.38%), Manganese: 0.12mg (6.16%), Vitamin B2: 0.09mg (5.12%), Folate: 20.16µg (5.04%), Vitamin A: 249.07IU (4.98%), Vitamin B1: 0.07mg (4.56%), Fiber: 0.86g (3.44%), Vitamin C: 2.64mg (3.2%), Iron: 0.57mg (3.17%), Phosphorus: 29.29mg (2.93%), Vitamin B3: 0.53mg (2.66%), Vitamin E: 0.35mg (2.3%), Vitamin B5: 0.19mg (1.95%), Zinc: 0.21mg (1.38%), Vitamin

B12: 0.08µg (1.35%), Copper: 0.03mg (1.35%), Vitamin D: 0.2µg (1.33%), Vitamin K: 1.37µg (1.31%), Magnesium: 5.17mg (1.29%), Calcium: 11.62mg (1.16%), Vitamin B6: 0.02mg (1.14%), Potassium: 38.68mg (1.11%)