



Raspberry Linzer Torte Bars



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



48

CALORIES



9 kcal

Ingredients



2 tablespoons almonds sliced



6 tablespoons raspberry jam

Equipment



frying pan



oven

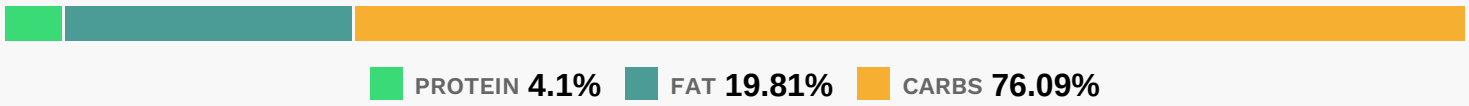


pastry cutter

Directions

- ☐ Heat oven to 350°F. Coat a 9" x 13" pan with cooking spray.
- ☐ Cut dough in half; roll out 1 half into a 9-by-13-inch rectangle; press into bottom of pan.
- ☐ Spread preserves over dough; sprinkle with almonds.
- ☐ Roll out remaining dough into a 4 1/2-by-6 1/2-inch rectangle.
- ☐ Cut dough into 1/2-inch strips with a fluted pastry cutter. Crisscross strips over raspberry-almond layer in a lattice pattern.
- ☐ Bake until strips are light brown and firm, 18 to 20 minutes; cool 5 minutes.
- ☐ Cut into 1-to 1 1/2-inch bars.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:1.35, Glycemic Load:0.94, Inflammation Score:-1, Nutrition Score:0.17956521686005%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg

Nutrients (% of daily need)

Calories: 9.36kcal (0.47%), Fat: 0.21g (0.32%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 1.81g (0.6%), Net Carbohydrates: 1.73g (0.63%), Sugar: 1.23g (1.37%), Cholesterol: 0mg (0%), Sodium: 0.8mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.2%)