



Raspberry Streusel Bars

 Dairy Free

READY IN



200 min.

SERVINGS



25

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon almond extract
- 0.3 cup butter softened
- 1 eggs
- 2 tablespoons flour all-purpose
- 0.5 cup raspberry jam seedless
- 1 pouch sugar cookie mix (1 lb 1.5 oz)

Equipment

- bowl

frying pan

oven

Directions

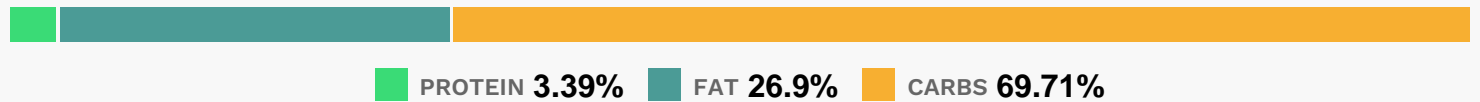
Heat oven to 350F. Spray bottom of 8-inch square pan with cooking spray.

In large bowl, stir cookie mix, butter, flour, almond extract and egg until dough forms. Press half of dough into bottom of pan; bake 15 minutes.

Spread jam over base. Crumble remaining dough over jam.

Bake 20 to 25 minutes or until golden brown. Cool completely, about 2 hours. For bars, cut into 5 rows by 5 rows.

Nutrition Facts



Properties

Glycemic Index:5.2, Glycemic Load:2.87, Inflammation Score:-1, Nutrition Score:0.64173912912931%

Nutrients (% of daily need)

Calories: 123.78kcal (6.19%), Fat: 3.69g (5.67%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 21.49g (7.16%), Net Carbohydrates: 21.4g (7.78%), Sugar: 12.53g (13.92%), Cholesterol: 6.55mg (2.18%), Sodium: 89.93mg (3.91%), Alcohol: 0.05g (100%), Alcohol %: 0.22% (100%), Protein: 1.04g (2.09%), Vitamin A: 117.77IU (2.36%), Folate: 5.88µg (1.47%), Vitamin B2: 0.02mg (1.42%), Selenium: 0.88µg (1.26%), Vitamin B1: 0.02mg (1.25%)