



## Romance Bars

 Vegetarian

READY IN



55 min.

SERVINGS



32

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 teaspoon almond extract
- 1 teaspoon double-acting baking powder
- 1 cup brown sugar
- 3 tablespoons butter softened
- 1 cup coconut or flaked
- 1 cup confectioners' sugar
- 2 eggs beaten
- 2 tablespoons flour all-purpose

- 0.5 cup maraschino cherries chopped
- 1 tablespoon milk
- 0.5 teaspoon vanilla extract
- 0.7 cup walnuts chopped
- 1 tablespoon water boiling
- 1 tablespoon sugar white

## Equipment

- bowl
- frying pan
- oven

## Directions

- Preheat the oven to 300 degrees F (150 degrees C). In a medium bowl, mix together 1 cup flour and 1 tablespoon white sugar. Stir in melted butter.
- Spread thinly over the bottom of a 9x13 inch pan.
- Bake for 20 minutes in the preheated oven, or until firm. In a medium bowl, stir together the brown sugar , 2 tablespoons flour, and baking powder.
- Mix in the eggs and 1 teaspoon vanilla until well blended. Stir in the walnuts, coconut and maraschino cherries.
- Pour the mixture over the prepared crust.
- Bake for 20 to 25 minutes in the preheated oven, until the top is light brown. Cool completely before frosting. To make the frosting, mix together 3 tablespoons butter and confectioners' sugar. Beat in water, milk, almond extract and vanilla extract until smooth.
- Spread over cooled bars.
- Let stand until firm, then slice into squares.

## Nutrition Facts



PROTEIN 3.92%  FAT 41.43%  CARBS 54.65%

## Properties

Glycemic Index:10.78, Glycemic Load:0.6, Inflammation Score:-1, Nutrition Score:1.604782635751%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

## Nutrients (% of daily need)

Calories: 97.49kcal (4.87%), Fat: 4.66g (7.17%), Saturated Fat: 2.44g (15.26%), Carbohydrates: 13.83g (4.61%), Net Carbohydrates: 13.1g (4.76%), Sugar: 12.45g (13.84%), Cholesterol: 13.11mg (4.37%), Sodium: 29mg (1.26%), Alcohol: 0.04g (100%), Alcohol %: 0.21% (100%), Protein: 0.99g (1.98%), Manganese: 0.17mg (8.27%), Copper: 0.07mg (3.58%), Fiber: 0.73g (2.91%), Selenium: 1.75µg (2.5%), Phosphorus: 23.78mg (2.38%), Calcium: 20.7mg (2.07%), Magnesium: 7.58mg (1.89%), Iron: 0.31mg (1.72%), Vitamin B6: 0.03mg (1.47%), Vitamin B2: 0.02mg (1.36%), Folate: 4.89µg (1.22%), Zinc: 0.18mg (1.22%), Potassium: 40.7mg (1.16%), Vitamin A: 50.56IU (1.01%)