

Royal Raspberry Bars

 Vegetarian

READY IN



60 min.

SERVINGS



1

CALORIES



3418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.4 lb butter melted
- ☐ 0.3 teaspoon cream of tartar
- ☐ 3 large egg whites
- ☐ 1.3 cups flour all-purpose
- ☐ 0.8 cup raspberry jam
- ☐ 1.3 cups oats
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar

☐ 0.8 cup coconut dried sweetened flaked

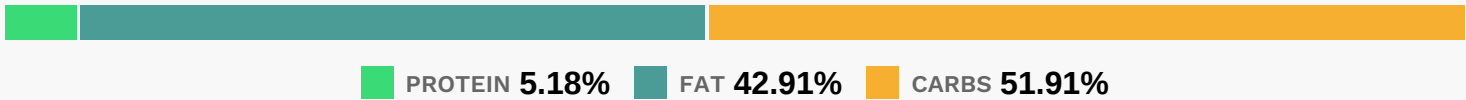
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ In a bowl, mix oats, flour, coconut, 1/4 cup sugar, and the salt.
- ☐ Add melted butter and stir until well blended. Press dough evenly into the bottom of a 9- by 13-inch baking pan.
- ☐ Bake in a 325 oven until edges begin to brown, 15 to 18 minutes.
- ☐ Let cool about 5 minutes, then spread jam evenly over warm crust.
- ☐ In a large bowl, with an electric mixer on high speed, beat egg whites and cream of tartar until thick and foamy. Gradually add remaining 2/3 cup sugar and continue to beat until mixture holds soft, shiny peaks. With a spatula, spread meringue evenly over jam.
- ☐ Bake until meringue is lightly browned, about 20 minutes.
- ☐ Let cool 5 minutes, then cut into 24 bars.
- ☐ Let cool completely in pan.

Nutrition Facts



Properties

Glycemic Index:290.09, Glycemic Load:239.66, Inflammation Score:-10, Nutrition Score:51.84913079635%

Nutrients (% of daily need)

Calories: 3417.98kcal (170.9%), Fat: 164.44g (252.99%), Saturated Fat: 105.65g (660.33%), Carbohydrates: 447.65g (149.22%), Net Carbohydrates: 424.08g (154.21%), Sugar: 199.27g (221.41%), Cholesterol: 365.71mg (121.9%), Sodium: 2694.19mg (117.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.69g (89.39%), Manganese: 5.48mg (273.77%), Selenium: 119.43µg (170.61%), Vitamin B1: 1.76mg (117.04%), Vitamin B2: 1.63mg (96.13%), Fiber: 23.57g (94.29%), Folate: 357.4µg (89.35%), Vitamin A: 4250.73IU (85.01%), Iron: 13.95mg (77.48%), Phosphorus: 752.2mg (75.22%), Magnesium: 231.29mg (57.82%), Vitamin B3: 11.07mg (55.36%), Copper: 1.09mg (54.65%), Zinc: 5.58mg (37.22%), Potassium: 1287.75mg (36.79%), Vitamin E: 4.77mg (31.81%), Vitamin C: 22.44mg (27.2%), Vitamin B5: 2.34mg (23.35%), Calcium: 183.19mg (18.32%), Vitamin K: 14.4µg (13.72%), Vitamin B6: 0.25mg (12.51%), Vitamin B12: 0.38µg (6.3%)