



Royal Raspberry Bars

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

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 rolled oats
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar

☐ 0.8 cup coconut or dried sweetened flaked

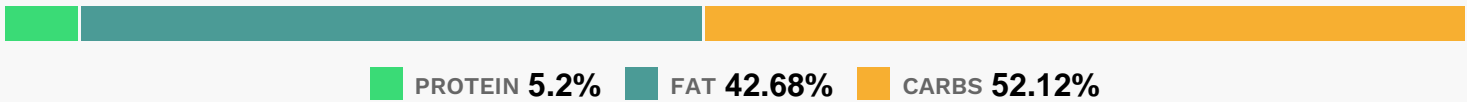
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ spatula

Directions

- ☐ In a bowl, mix oats, flour, coconut, 1/4 cup sugar, and salt.
- ☐ Add melted butter and stir until well blended. Press dough level in bottom of a 9- by 13-inch baking pan.
- ☐ Bake crust in a 325 regular or convection 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 a mixer on high speed, whip egg whites and cream of tartar until thick and foamy. Gradually add 2/3 cup sugar and continue to whip 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, then use a wide spatula to remove bars from pan.
- ☐ Nutritinal analysis per bar.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:9.98, Inflammation Score:-3, Nutrition Score:2.6908695947217%

Nutrients (% of daily need)

Calories: 142.56kcal (7.13%), Fat: 6.81g (10.48%), Saturated Fat: 1.94g (12.14%), Carbohydrates: 18.71g (6.24%), Net Carbohydrates: 17.73g (6.45%), Sugar: 8.3g (9.22%), Cholesterol: 0mg (0%), Sodium: 133.52mg (5.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.73%), Manganese: 0.23mg (11.41%), Selenium: 4.91µg (7.01%), Vitamin A: 253.52IU (5.07%), Vitamin B1: 0.07mg (4.9%), Vitamin B2: 0.07mg (4.02%), Fiber: 0.98g (3.93%), Folate: 14.75µg (3.69%), Iron: 0.58mg (3.22%), Phosphorus: 31.27mg (3.13%), Magnesium: 9.71mg (2.43%), Vitamin B3: 0.46mg (2.3%), Copper: 0.05mg (2.28%), Vitamin E: 0.25mg (1.69%), Potassium: 54.93mg (1.57%), Zinc: 0.23mg (1.51%), Vitamin C: 0.95mg (1.15%)