



Rum Glazed Raisin Bars

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup butter
- ☐ 0.5 cup confectioners' sugar
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup milk
- ☐ 0.5 cup raisins
- ☐ 1 tablespoon rum

☐ 6 tablespoons sugar white

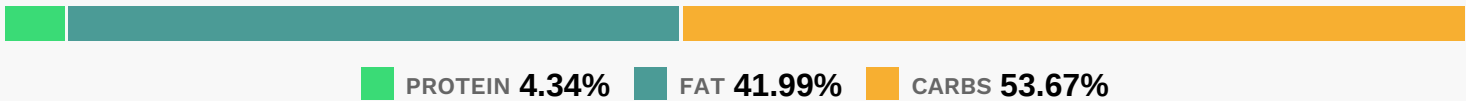
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). In a small bowl, pour the rum over the raisins and set aside. Grease a 9x9 inch baking pan.
- ☐ In a medium bowl, cream the sugar and butter.
- ☐ Add the egg and mix until fluffy. Sift together the flour and baking powder.
- ☐ Add this alternately to the egg mixture with the milk.
- ☐ Mix until blended, then fold in raisins.
- ☐ Spread the batter evenly in the greased pan and bake in preheated oven for 20 to 25 minutes.
- ☐ While the raisin bars are baking, in a smaller bowl, stir together the 2 tablespoons of butter with the confectioners' sugar.
- ☐ Add the remaining rum and stir until smooth.
- ☐ When the bars come out of the oven, let them cool slightly, then spread the icing evenly over the top.
- ☐ Cut into 32 bars.

Nutrition Facts



Properties

Glycemic Index:12.47, Glycemic Load:4.73, Inflammation Score:-1, Nutrition Score:1.0417391217273%

Nutrients (% of daily need)

Calories: 66.54kcal (3.33%), Fat: 3.13g (4.81%), Saturated Fat: 1.91g (11.95%), Carbohydrates: 8.99g (3%), Net Carbohydrates: 8.73g (3.17%), Sugar: 4.19g (4.65%), Cholesterol: 12.97mg (4.32%), Sodium: 32.89mg (1.43%), Alcohol: 0.16g (100%), Alcohol %: 1.12% (100%), Protein: 0.73g (1.45%), Selenium: 1.86µg (2.65%), Vitamin B1: 0.04mg (2.33%), Vitamin B2: 0.03mg (2.02%), Folate: 7.97µg (1.99%), Vitamin A: 99.15IU (1.98%), Manganese: 0.03mg (1.67%), Iron: 0.27mg (1.52%), Vitamin B3: 0.26mg (1.3%), Phosphorus: 12.81mg (1.28%), Fiber: 0.26g (1.04%)