



Salty-Sweet Pine Nut Bars

READY IN



55 min.

SERVINGS



25

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.7 cup cake flour
- ☐ 0.3 cup cornstarch
- ☐ 3 ounces cream cheese fat-free
- ☐ 2 large eggs
- ☐ 0.3 cup granulated sugar
- ☐ 0.8 cup maple syrup
- ☐ 0.5 cup pinenuts
- ☐ 0.5 cup powdered sugar

- ☐ 0.6 teaspoon salt divided
- ☐ 1 teaspoon vanilla extract

Equipment


- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Weigh or lightly spoon flour into a dry measuring cup, and level with a knife.
- ☐ Combine flour, powdered sugar, cornstarch, and 1/8 teaspoon salt, stirring with a whisk.
- ☐ Cut in cream cheese and butter with a pastry blender or two knives until mixture resembles coarse meal.
- ☐ Transfer mixture to a 9-inch square metal baking pan coated with cooking spray; pat mixture evenly into pan.
- ☐ Bake at 400 for 18 minutes or until lightly browned.
- ☐ Reduce oven temperature to 35
- ☐ Combine maple syrup and next 3 ingredients (through eggs), stirring with a whisk. Stir in pine nuts.
- ☐ Pour syrup mixture over crust, spreading nuts evenly over top.
- ☐ Sprinkle with remaining 1/2 teaspoon salt.
- ☐ Bake at 350 for 25 minutes or until set. Cool.
- ☐ Cut into 25 squares.

Nutrition Facts



 **PROTEIN 7.31%**  **FAT 29.22%**  **CARBS 63.47%**

Properties

Glycemic Index:8.94, Glycemic Load:5.8, Inflammation Score:-1, Nutrition Score:2.9704347446399%

Nutrients (% of daily need)

Calories: 98.55kcal (4.93%), Fat: 3.23g (4.98%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 15.81g (5.27%), Net Carbohydrates: 15.62g (5.68%), Sugar: 11.13g (12.36%), Cholesterol: 17.7mg (5.9%), Sodium: 96.09mg (4.18%), Alcohol: 0.05g (100%), Alcohol %: 0.23% (100%), Protein: 1.82g (3.64%), Manganese: 0.49mg (24.47%), Vitamin B2: 0.16mg (9.39%), Phosphorus: 44.92mg (4.49%), Selenium: 2.81µg (4.02%), Magnesium: 10.95mg (2.74%), Calcium: 26.04mg (2.6%), Zinc: 0.38mg (2.5%), Copper: 0.05mg (2.35%), Vitamin E: 0.33mg (2.23%), Potassium: 56.82mg (1.62%), Iron: 0.28mg (1.53%), Vitamin K: 1.56µg (1.49%), Vitamin B1: 0.02mg (1.46%), Folate: 5.12µg (1.28%), Vitamin B12: 0.07µg (1.16%), Vitamin B5: 0.11mg (1.14%), Vitamin A: 52.24IU (1.04%)