



Strawberry Shortbread Bars



Dairy Free



Popular

READY IN



50 min.

SERVINGS



24

CALORIES



214 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons coconut milk beverage plain unsweetened
- ☐ 4 cups confectioners' sugar (powdered)
- ☐ 1 cup dairy-free margarine unsalted (I use Fleischman's)
- ☐ 24 servings vanilla dairy-free coconut milk ice cream
- ☐ 1 tablespoon dairy-free coconut yogurt plain
- ☐ 1 teaspoon salt
- ☐ 1 pound strawberries washed hulled sliced
- ☐ 0.8 cup sugar

- ☐ 2.5 cups unbleached flour all-purpose
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ In a mixing bowl, cream the dairy-free margarine and salt with a hand mixer until light and fluffy.
- ☐ Add the confectioners' sugar gradually, while beating the mixture at a low speed.
- ☐ Add the remaining ingredients, turn the mixer up to high, and beat until the frosting is smooth and creamy. Chill while you prepare the bars. Preheat oven to 350°F, and line a 9 x 13 baking pan with parchment paper. In a mixing bowl, cream the dairy-free margarine and sugar with a hand mixer until light and fluffy.
- ☐ Add the flour and salt and mix until the dough comes together.
- ☐ Spread the dough in the prepared pan and bake for 20 minutes or until lightly golden brown.
- ☐ Let the cookies cool completely before cutting them into bars and removing them from the pan. Frost the individual cookies with the dairy-free buttercream icing right before leaving for your picnic or cookout. The icing recipe makes 2-1/2 cups; refrigerate the unused icing for another use. (It's great on chocolate cake!) Take the prepared strawberries in a separate container and place a few slices on each bar immediately before serving.
- ☐ Serve with dairy-free ice cream if desired.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:12, Inflammation Score:-4, Nutrition Score:4.1734782522139%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.7mg, Pelargonidin: 4.7mg, Pelargonidin: 4.7mg, Pelargonidin: 4.7mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 214.29kcal (10.71%), Fat: 6.62g (10.18%), Saturated Fat: 1.86g (11.64%), Carbohydrates: 37.73g (12.58%), Net Carbohydrates: 36.97g (13.44%), Sugar: 26.86g (29.85%), Cholesterol: 0mg (0%), Sodium: 159.65mg (6.94%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Protein: 1.56g (3.12%), Vitamin C: 11.27mg (13.65%), Vitamin E: 1.93mg (12.84%), Manganese: 0.17mg (8.74%), Vitamin A: 368.28IU (7.37%), Folate: 29.08µg (7.27%), Vitamin B1: 0.11mg (7.21%), Selenium: 4.76µg (6.8%), Vitamin K: 5.68µg (5.41%), Vitamin B3: 0.91mg (4.53%), Vitamin B2: 0.08mg (4.52%), Iron: 0.73mg (4.03%), Fiber: 0.76g (3.05%), Phosphorus: 20.24mg (2.02%), Copper: 0.04mg (1.76%), Potassium: 51.86mg (1.48%), Magnesium: 5.81mg (1.45%)