





# Swedish Nut Bars

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



30

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 3 teaspoons almond extract
- 6 eggs
- 3.5 cups ground almonds finely
- 1.5 cups sugar white

## Equipment

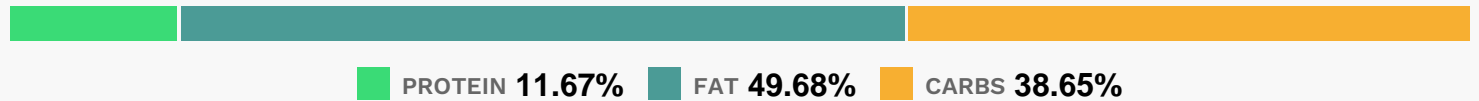
- frying pan
- baking paper
- oven

baking pan

## Directions

- Pre-heat oven to 325 degrees F (165 degrees C). Prepare a 9 x 9 x 2 inch baking pan by lining bottom with either waxed paper or parchment paper. Grease the paper.
- Separate the eggs and reserve the whites. Beat egg yolks until thick and tripled in volume.
- Add sugar slowly, beating until very thick. Slowly fold in nuts and extract. Beat egg whites until stiff but not dry. Fold them into the yolk mixture.
- Pour batter into prepared pan.
- Bake for one hour or until done. Cool in pan for 10 minutes then turn out and remove paper. Cool completely.
- Cut as needed.

## Nutrition Facts



## Properties

Glycemic Index:2.34, Glycemic Load:6.98, Inflammation Score:-1, Nutrition Score:1.3078260871217%

## Nutrients (% of daily need)

Calories: 126.06kcal (6.3%), Fat: 7.34g (11.29%), Saturated Fat: 0.73g (4.58%), Carbohydrates: 12.84g (4.28%), Net Carbohydrates: 11.46g (4.17%), Sugar: 10.52g (11.69%), Cholesterol: 32.74mg (10.91%), Sodium: 12.63mg (0.55%), Alcohol: 0.14g (100%), Alcohol %: 0.54% (100%), Protein: 3.88g (7.76%), Fiber: 1.39g (5.54%), Selenium: 2.76µg (3.95%), Iron: 0.65mg (3.63%), Calcium: 32.51mg (3.25%), Vitamin B2: 0.04mg (2.5%), Phosphorus: 17.45mg (1.74%), Vitamin B5: 0.14mg (1.35%), Vitamin B12: 0.08µg (1.31%), Vitamin D: 0.18µg (1.17%), Folate: 4.14µg (1.03%)