



Tequila Bars

 Vegetarian

READY IN



188 min.

SERVINGS



16

CALORIES



304 kcal

BEVERAGE

DRINK

Ingredients

- 5 large egg yolks
- 0.5 cup juice of lime fresh
- 0.5 cup pinenuts
- 1 tablespoon sugar
- 14 ounce condensed milk sweetened canned
- 0.3 cup tequila
- 0.8 cup butter unsalted melted ()
- 12 ounce vanilla wafers

Equipment

- food processor
- bowl
- oven
- whisk
- baking pan
- hand mixer

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees. Pulse the wafers and pine nuts in a food processor until well ground up.
- Add the butter and blend until evenly mixed. Set aside 1/4 cup of crumbs; press the rest evenly into a 9-by-13 baking pan.
- Bake until golden brown, 15 to 18 minutes. Cool.
- In a medium bowl, thoroughly whisk together the tequila, lime juice, egg yolks and condensed milk.
- In another medium bowl, beat the egg whites and sugar with an electric mixer until they hold soft peaks. Gently fold the egg whites into the tequila mixture.
- Spread the filling evenly over the crust and bake for 25 minutes; cool.
- Sprinkle the reserved crumbs on top. Chill in the fridge for 2 hours or overnight before cutting.
- Drizzle with agave nectar, if desired.
- Photograph by James Baigrie

Nutrition Facts



PROTEIN 6.2% **FAT 52.31%** **CARBS 41.49%**

Properties

Glycemic Index:13.94, Glycemic Load:20.49, Inflammation Score:-3, Nutrition Score:5.2695652194645%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 304.23kcal (15.21%), Fat: 17.4g (26.77%), Saturated Fat: 8.25g (51.54%), Carbohydrates: 31.06g (10.35%), Net Carbohydrates: 30.57g (11.12%), Sugar: 21.32g (23.69%), Cholesterol: 31.52mg (10.51%), Sodium: 135.56mg (5.89%), Alcohol: 1.67g (100%), Alcohol %: 2.5% (100%), Protein: 4.64g (9.27%), Manganese: 0.38mg (18.83%), Vitamin B2: 0.21mg (12.47%), Phosphorus: 101.31mg (10.13%), Vitamin B1: 0.13mg (8.67%), Selenium: 5.88µg (8.4%), Calcium: 75.47mg (7.55%), Vitamin A: 337.15IU (6.74%), Folate: 24.36µg (6.09%), Magnesium: 18.99mg (4.75%), Potassium: 163.4mg (4.67%), Vitamin E: 0.7mg (4.65%), Vitamin B3: 0.82mg (4.08%), Vitamin C: 2.95mg (3.57%), Zinc: 0.53mg (3.51%), Copper: 0.07mg (3.33%), Vitamin K: 3.21µg (3.06%), Vitamin B5: 0.24mg (2.4%), Vitamin B12: 0.14µg (2.28%), Fiber: 0.48g (1.94%), Iron: 0.3mg (1.67%), Vitamin D: 0.21µg (1.39%), Vitamin B6: 0.02mg (1.02%)