



Tom Thumb Bars (Coconut Specialties)

 Dairy Free

READY IN



55 min.

SERVINGS



36

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1.5 cups coconut or
- ☐ 1 cup brown sugar dark packed
- ☐ 2 eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 1 teaspoon vanilla extract

☐ 1 cup walnuts chopped

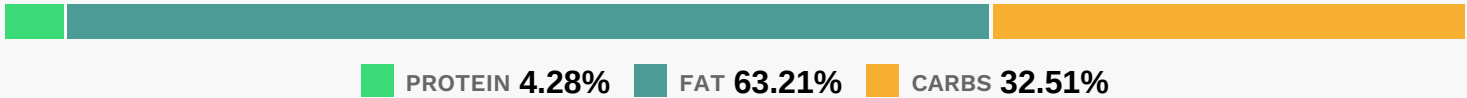
Equipment

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

Directions

- ☐ Preheat the oven to 325 degrees F (165 degrees C). Grease a 9x13 inch baking pan.
- ☐ In a medium bowl, mix together the shortening and 1/2 cup of brown sugar until smooth. Stir in 1 cup of flour and salt until well blended. Press into the prepared pan.
- ☐ Bake the crust for 15 minutes in the preheated oven, or until delicately browned. After removing the crust from the oven, increase the heat to 350 degrees F (175 degrees C).
- ☐ Make the filling while the crust is baking. In a medium bowl, stir together 1 cup brown sugar, baking powder, and 2 tablespoons of flour until well blended.
- ☐ Mix in eggs and vanilla, beating until thick and foamy. Stir in the coconut and chopped nuts.
- ☐ Spread over the warm crust.
- ☐ Bake for 25 minutes in the preheated oven, or until bars are lightly browned and puffy. Cool completely, and cut into small bars.

Nutrition Facts



Properties

Glycemic Index:5.47, Glycemic Load:0.31, Inflammation Score:-1, Nutrition Score:1.5730434474738%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

Nutrients (% of daily need)

Calories: 86.81kcal (4.34%), Fat: 6.32g (9.72%), Saturated Fat: 1.98g (12.36%), Carbohydrates: 7.31g (2.44%), Net Carbohydrates: 6.78g (2.47%), Sugar: 6.24g (6.94%), Cholesterol: 9.09mg (3.03%), Sodium: 44.23mg (1.92%), Alcohol: 0.04g (100%), Alcohol %: 0.26% (100%), Protein: 0.96g (1.93%), Manganese: 0.17mg (8.44%), Copper: 0.07mg (3.58%), Phosphorus: 21.77mg (2.18%), Fiber: 0.53g (2.12%), Selenium: 1.46µg (2.09%), Magnesium: 7.17mg (1.79%), Iron: 0.29mg (1.61%), Vitamin K: 1.62µg (1.54%), Vitamin E: 0.23mg (1.54%), Folate: 6.02µg (1.51%), Calcium: 13.48mg (1.35%), Vitamin B6: 0.03mg (1.31%), Vitamin B1: 0.02mg (1.21%), Zinc: 0.17mg (1.16%), Vitamin B2: 0.02mg (1.11%), Potassium: 38.33mg (1.1%)