



White Chocolate Lime Bars

 Dairy Free

READY IN



160 min.

SERVINGS



36

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup flour all-purpose
- 0.3 cup sugar
- 0.3 cup butter softened
- 0.3 cup pecans finely chopped
- 0.3 teaspoon salt
- 1 egg yolk
- 1 cup sugar
- 1 tablespoon flour all-purpose

- 2 teaspoons lime zest grated
- 3 tablespoons juice of lime
- 3 eggs
- 1 drop natural food coloring green
- 1 serving maraschino cherries
- 0.5 cup peppermint candies white
- 2 tablespoons butter
- 2 tablespoons plus light
- 1 teaspoon water hot

Equipment

- bowl
- frying pan
- sauce pan
- oven
- hand mixer

Directions

- Heat oven to 350°F. In medium bowl, mix 3/4 cup flour, 1/4 cup sugar, 1/4 cup butter, the pecans, salt and egg yolk. Press on bottom and 1/2 inch up sides of ungreased square pan, 9x9x2 inches.
- Bake about 20 minutes or until golden.
- In medium bowl, beat 1 cup sugar, 1 tablespoon flour, the lime peel, lime juice, 3 eggs and the food color with electric mixer on medium speed until slightly thickened.
- Pour over baked layer.
- Bake 25 to 30 minutes or just until no indentation remains when touched lightly in center. Cool completely, about 1 hour.
- In 1-quart saucepan, heat baking chips, 2 tablespoons butter and the corn syrup over low heat, stirring constantly, until smooth. Stir in water until spreadable.

Spread cooled bars with glaze. Refrigerate 30 minutes. For bars, cut into 6 rows by 6 rows. Top each with raspberry. Store covered in refrigerator up to 48 hours.

Nutrition Facts



PROTEIN 4.82% **FAT 40.86%** **CARBS 54.32%**

Properties

Glycemic Index:9.76, Glycemic Load:6.59, Inflammation Score:-1, Nutrition Score:1.177391304756%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 87.86kcal (4.39%), Fat: 4.11g (6.32%), Saturated Fat: 1.58g (9.88%), Carbohydrates: 12.29g (4.1%), Net Carbohydrates: 12.13g (4.41%), Sugar: 9.87g (10.96%), Cholesterol: 19.04mg (6.35%), Sodium: 46.76mg (2.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.18%), Selenium: 2.44µg (3.49%), Manganese: 0.06mg (2.76%), Vitamin A: 112.39IU (2.25%), Vitamin B2: 0.04mg (2.16%), Vitamin B1: 0.03mg (2.05%), Folate: 7.92µg (1.98%), Phosphorus: 15.08mg (1.51%), Iron: 0.23mg (1.3%)