



White Chocolate Lime Bars

 Dairy Free

READY IN



160 min.

SERVINGS



36

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons plus light
- ☐ 1 egg yolk
- ☐ 3 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 drops drop natural food coloring green

- ☐ 3 tablespoons juice of lime
- ☐ 2 teaspoons lime zest grated
- ☐ 36 servings maraschino cherries
- ☐ 0.3 cup pecans finely chopped
- ☐ 0.5 cup vanilla extract white
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 cup sugar
- ☐ 1 teaspoons water hot

Equipment

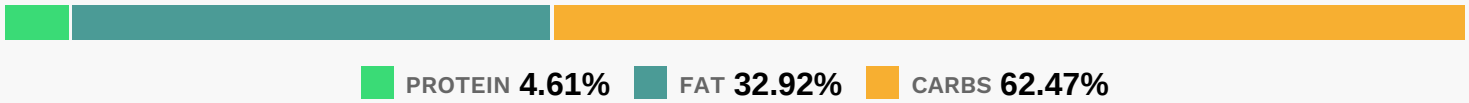
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 350F. 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



Properties

Glycemic Index:9.76, Glycemic Load:6.59, Inflammation Score:-1, Nutrition Score:1.2756521598152%

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: 86.36kcal (4.32%), Fat: 2.99g (4.6%), Saturated Fat: 0.61g (3.81%), Carbohydrates: 12.75g (4.25%), Net Carbohydrates: 12.44g (4.52%), Sugar: 10.25g (11.39%), Cholesterol: 19.04mg (6.35%), Sodium: 45.17mg (1.96%), Alcohol: 0.99g (100%), Alcohol %: 4.55% (100%), Protein: 0.94g (1.88%), Selenium: 2.45µg (3.5%), Manganese: 0.06mg (3.12%), Vitamin B2: 0.04mg (2.32%), Vitamin A: 114.57IU (2.29%), Vitamin B1: 0.03mg (2.07%), Folate: 7.92µg (1.98%), Phosphorus: 15.4mg (1.54%), Iron: 0.26mg (1.43%), Copper: 0.03mg (1.32%), Fiber: 0.32g (1.27%)