

# Addictive Apricot Bars

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Three Sisters Cookbook - Alexander City, AL

## Yield: 3 dozen bars

### CRUST

1 1/4 cups all-purpose flour

1/3 cup brown sugar

1/2 cup unsalted butter, softened

### FILLING

3/4 cup all-purpose flour

1/2 cup brown sugar

1/4 cup butter, softened

1/8 teaspoon salt

1/2 teaspoon almond extract

3/4 cup apricot preserves

### GLAZE

3/4 cup powdered sugar

1 tablespoon milk

1 teaspoon almond extract

Preheat the oven to 350 degrees.

Grease a nine-inch square baking pan.

In a bowl, stir the flour, sugar and butter together until crumbly. Press into the pan.

Bake for 15 to 20 minutes until lightly browned.

For the filling: In a bowl, combine the flour, sugar, butter, salt and almond extract. Spread the apricot preserves over the hot crust to one-half inch from the edge. Sprinkle the filling over the preserves. Bake for 20 to 25 minutes or until lightly browned. Cool.

For the glaze: In a bowl, beat the sugar, milk and almond extract until smooth. Drizzle the glaze over the cooled bars.

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Per Serving (excluding unknown items): 3532 Calories; 142g Fat (35.4% calories from fat); 29g Protein; 553g Carbohydrate; 10g Dietary Fiber; 374mg Cholesterol; 893mg Sodium. Exchanges: 12 1/2 Grain(Starch); 0 Non-Fat Milk; 27 1/2 Fat; 24 Other Carbohydrates.

## Desserts

### Per Serving Nutritional Analysis

Calories (kcal):	3532	Vitamin B6 (mg):	.1mg
% Calories from Fat:	35.4%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	61.4%	Thiamin B1 (mg):	2.0mg
% Calories from Protein:	3.3%	Riboflavin B2 (mg):	1.3mg
Total Fat (g):	142g	Folacin (mcg):	471mcg

**Saturated Fat (g):** 87g  
**Monounsaturated Fat (g):** 40g  
**Polyunsaturated Fat (g):** 6g  
**Cholesterol (mg):** 374mg  
**Carbohydrate (g):** 553g  
**Dietary Fiber (g):** 10g  
**Protein (g):** 29g  
**Sodium (mg):** 893mg  
**Potassium (mg):** 938mg  
**Calcium (mg):** 249mg  
**Iron (mg):** 15mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 21mg  
**Vitamin A (i.u.):** 5713IU  
**Vitamin A (r.e.):** 1340 1/2RE

**Niacin (mg):** 15mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 9  
**% Refused:** n n%

### Food Exchanges

**Grain (Starch):** 12 1/2  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 27 1/2  
**Other Carbohydrates:** 24

## Nutrition Facts

### Amount Per Serving

**Calories** 3532                      **Calories from Fat:** 1249

### % Daily Values\*

<b>Total Fat</b>	142g	218%
Saturated Fat	87g	433%
<b>Cholesterol</b>	374mg	125%
<b>Sodium</b>	893mg	37%
<b>Total Carbohydrates</b>	553g	184%
Dietary Fiber	10g	38%
<b>Protein</b>	29g	
<b>Vitamin A</b>		114%
<b>Vitamin C</b>		35%
<b>Calcium</b>		25%
<b>Iron</b>		85%

\* Percent Daily Values are based on a 2000 calorie diet.