

Apricot Nut Bars

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Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Yield: 16 to 20 bars

2 cups butter or margarine

2 cups sugar

4 egg yolks

4 cups all-purpose flour

2 cups chopped walnuts

1 jar (18 ounce) apricot preserves

Preheat the oven to 325 degrees.

In the large bowl of an electric mixer, cream the butter and sugar with the egg yolks until light and fluffy. Slowly blend in the flour. Stir in the chopped walnuts (the batter will be stiff).

Pat one-half of the dough into a greased and floured 13x9x2-inch baking pan. Spread with the apricot preserves.

Roll out the remaining dough on a floured board and cut into strips. Criss-cross the strips over the top of the preserves.

Bake for 55 to 60 minutes.

Cool completely before cutting into bars.

Per Serving (excluding unknown items): 8424 Calories; 535g Fat (55.8% calories from fat); 128g Protein; 826g Carbohydrate; 26g Dietary Fiber; 1844mg Cholesterol; 3800mg Sodium. Exchanges: 27 Grain(Starch); 9 Lean Meat; 100 1/2 Fat; 27 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	8424	Vitamin B6 (mg):	1.8mg
% Calories from Fat:	55.8%	Vitamin B12 (mcg):	2.6mcg
% Calories from Carbohydrates:	38.3%	Thiamin B1 (mg):	4.5mg
% Calories from Protein:	5.9%	Riboflavin B2 (mg):	3.3mg
Total Fat (g):	535g	Folacin (mcg):	1050mcg
Saturated Fat (g):	245g	Niacin (mg):	31mg

Monounsaturated Fat (g): 146g
Polyunsaturated Fat (g): 112g
Cholesterol (mg): 1844mg
Carbohydrate (g): 826g
Dietary Fiber (g): 26g
Protein (g): 128g
Sodium (mg): 3800mg
Potassium (mg): 2049mg
Calcium (mg): 428mg
Iron (mg): 34mg
Zinc (mg): 14mg
Vitamin C (mg): 10mg
Vitamin A (i.u.): 15944IU
Vitamin A (r.e.): 3900 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 27
Lean Meat: 9
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 100 1/2
Other Carbohydrates: 27 1/2

Nutrition Facts

Amount Per Serving

Calories 8424 **Calories from Fat:** 4700

% Daily Values*

Total Fat 535g	823%
Saturated Fat 245g	1226%
Cholesterol 1844mg	615%
Sodium 3800mg	158%
Total Carbohydrates 826g	275%
Dietary Fiber 26g	105%
Protein 128g	
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Vitamin A	319%
Vitamin C	16%
Calcium	43%
Iron	190%

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