

Raspberry Crumble Bars

Ina Garten - "Barefoot Contessa Foolproof: Recipes You Can Trust"

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Yield: 12 bars

*1 cup (2 sticks) unsalted butter,
softened
1/4 cup sugar
1 teaspoon vanilla extract
1/2 teaspoon salt
2 1/3 cups all-purpose flour
10 to 12 ounces raspberry jam
2/3 cup granola without dried fruit
(such as Bear Naked)
1/4 cup sliced almonds*

Preparation Time: 15 minutes

Preheat the oven to 350 degrees.

Line a 9-inch square pan with parchment so that opposite edges hang over the sides of the pan.

Using an electric mixer, beat the butter and sugar until combined. Add the vanilla and salt. Add the flour gradually, mixing until the dough just comes together.

Pat 2/3 of the dough evenly on the bottom and about 1/4-inch up the sides of the prepared pan. Spread the dough with jam leaving a 1/4-inch border.

Mix the granola into the remaining dough, breaking the dough into small bits. Distribute the crumb mixture on top of the jam. Sprinkle with the almonds.

Bake until lightly browned, about 45 minutes.

Cool completely and lift from the pan using the parchment.

Cut into bars.

Start to Finish Time: 3 hours

Per Serving (excluding unknown items): 2776 Calories; 114g Fat (36.4% calories from fat); 40g Protein; 409g Carbohydrate; 12g Dietary Fiber; 248mg Cholesterol; 1168mg Sodium. Exchanges: 15 Grain(Starch); 1 Lean Meat; 21 1/2 Fat; 12 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-----------|-----------------------|--------|
| Calories (kcal): | 2776 | Vitamin B6 (mg): | .2mg |
| % Calories from Fat: | 36.4% | Vitamin B12 (mcg): | .1mcg |
| % Calories from Carbohydrates: | 57.9% | Thiamin B1 (mg): | 2.3mg |
| % Calories from Protein: | 5.6% | Riboflavin B2 (mg): | 1.7mg |
| Total Fat (g): | 114g | Folacin (mcg): | 532mcg |
| Saturated Fat (g): | 59g | Niacin (mg): | 18mg |
| Monounsaturated Fat (g): | 39g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 9g | Alcohol (kcal): | 13 |
| Cholesterol (mg): | 248mg | % Refuse: | 0.0% |
| Carbohydrate (g): | 409g | Food Exchanges | |
| Dietary Fiber (g): | 12g | Grain (Starch): | 15 |
| Protein (g): | 40g | Lean Meat: | 1 |
| Sodium (mg): | 1168mg | Vegetable: | 0 |
| Potassium (mg): | 768mg | Fruit: | 0 |
| Calcium (mg): | 207mg | Non-Fat Milk: | 0 |
| Iron (mg): | 16mg | Fat: | 21 1/2 |
| Zinc (mg): | 3mg | Other Carbohydrates: | 12 |
| Vitamin C (mg): | 18mg | | |
| Vitamin A (i.u.): | 3492IU | | |
| Vitamin A (r.e.): | 857 1/2RE | | |

Nutrition Facts

Amount Per Serving

Calories 2776 Calories from Fat: 1011

% Daily Values*

| | | |
|----------------------------|--------|------|
| Total Fat | 114g | 176% |
| Saturated Fat | 59g | 297% |
| Cholesterol | 248mg | 83% |
| Sodium | 1168mg | 49% |
| Total Carbohydrates | 409g | 136% |
| Dietary Fiber | 12g | 50% |
| Protein | 40g | |
| Vitamin A | | 70% |
| Vitamin C | | 30% |
| Calcium | | 21% |
| Iron | | 89% |

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