

Raspberry Crunch Squares

*Kathleen King - Tate's Bake Shop, Hampton, NY
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Servings: 16

*1 cup (two sticks) salted butter
1 cup sugar
1 egg yolk
3 cups all-purpose flour
1 cup almonds, chopped
1 1/4 cups jam (raspberry,
blackberry or apricot)*

Preheat the oven to 350 degrees.

Grease an 11x7-inch pan.

Combine the butter and sugar in a mixing bowl. Using an electric mixer on medium speed, beat until light. Add the egg and beat well. (The mixture should be a bit crumbly and dry.) Pat half of the mixture into the prepared pan.

Bake for 20 minutes.

Remove from the oven and immediately spread with the jam. Crumble the remaining dough over the jam. Pat lightly.

Bake for 40 minutes or until golden brown on top.

Cut into squares.

Per Serving (excluding unknown items): 190 Calories; 5g Fat (24.2% calories from fat); 4g Protein; 32g Carbohydrate; 2g Dietary Fiber; 13mg Cholesterol; 2mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 Fat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	190	Vitamin B6 (mg):	trace
% Calories from Fat:	24.2%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	66.8%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	9.1%	Riboflavin B2 (mg):	.2mg

Total Fat (g): 5g
Saturated Fat (g): 1g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 13mg
Carbohydrate (g): 32g
Dietary Fiber (g): 2g
Protein (g): 4g
Sodium (mg): 2mg
Potassium (mg): 91mg
Calcium (mg): 29mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 20IU
Vitamin A (r.e.): 6RE

Folacin (mcg): 43mcg
Niacin (mg): 2mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 190 Calories from Fat: 46

% Daily Values*

Total Fat	5g	8%
	Saturated Fat 1g	3%
Cholesterol	13mg	4%
Sodium	2mg	0%
Total Carbohydrates	32g	11%
	Dietary Fiber 2g	6%
Protein	4g	
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Vitamin A		0%
Vitamin C		0%
Calcium		3%
Iron		8%

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