



Apple-Cranberry Crumb Bars

READY IN



190 min.

SERVINGS



32

CALORIES



158 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter
- 1 cup cranberries fresh
- 16 oz philadelphia cream cheese softened
- 2 eggs divided
- 2 gala apples peeled chopped
- 1 tsp ground cinnamon
- 0.5 cup sugar
- 1 pkg duncan hines classic decadent cake mix yellow (2-layer size)

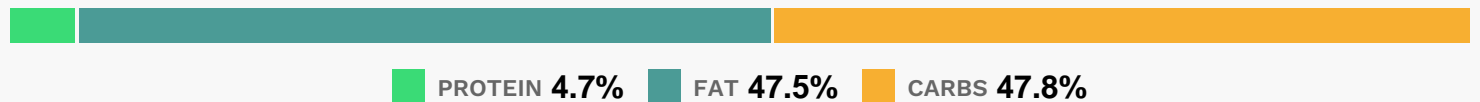
Equipment

- bowl
- frying pan
- oven
- blender
- aluminum foil
- microwave

Directions

- Heat oven to 350F.
- Line 13x9-inch pan with foil, with ends of foil extending over sides. Microwave butter in large microwaveable bowl on HIGH 1 to 1-1/2 min. or until melted.
- Add dry cake mix, 1 egg and cinnamon; beat with mixer until blended. Press 2/3 of the dough onto bottom of prepared pan.
- Beat cream cheese and sugar with mixer until blended.
- Add remaining egg; mix well.
- Spread over crust; top with fruit. Pinch small pieces of remaining dough between your fingers; press lightly into cream cheese layer.
- Bake 45 to 50 min. or until center is almost set. Cool completely. Refrigerate 1 hour. Use foil handles to lift dessert from pan before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:7.16, Glycemic Load:2.93, Inflammation Score:-2, Nutrition Score:2.5769565364589%

Flavonoids

Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg

Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.54mg, Peonidin: 1.54mg, Peonidin: 1.54mg, Peonidin: 1.54mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 158.01kcal (7.9%), Fat: 8.5g (13.07%), Saturated Fat: 5.04g (31.49%), Carbohydrates: 19.24g (6.41%), Net Carbohydrates: 18.62g (6.77%), Sugar: 11.98g (13.31%), Cholesterol: 32.17mg (10.72%), Sodium: 189.05mg (8.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.79%), Phosphorus: 73.19mg (7.32%), Vitamin A: 302.11IU (6.04%), Calcium: 52.01mg (5.2%), Vitamin B2: 0.09mg (5.17%), Selenium: 2.61µg (3.73%), Folate: 14.04µg (3.51%), Manganese: 0.06mg (3.14%), Vitamin E: 0.45mg (2.97%), Vitamin B1: 0.04mg (2.95%), Fiber: 0.62g (2.49%), Iron: 0.43mg (2.39%), Vitamin B3: 0.41mg (2.03%), Vitamin B5: 0.2mg (2.02%), Vitamin B6: 0.03mg (1.59%), Vitamin K: 1.45µg (1.39%), Potassium: 46.03mg (1.32%), Vitamin B12: 0.08µg (1.3%), Vitamin C: 0.96mg (1.17%), Zinc: 0.16mg (1.08%), Copper: 0.02mg (1.07%), Magnesium: 4.1mg (1.02%)