



Apricot-Cranberry-Nut Bars



Vegetarian



Gluten Free

READY IN



115 min.

SERVINGS



20

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15.6 oz cranberries quick
- ☐ 0.3 cup butter softened
- ☐ 1 eggs slightly beaten
- ☐ 12 oz apricot pie filling canned
- ☐ 3 oz cream cheese cut into small pieces
- ☐ 0.5 cup pecans chopped

Equipment

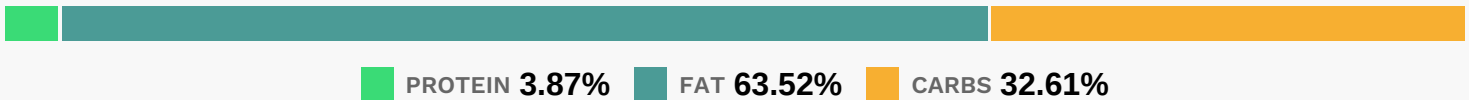
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Heat oven to 350°F. Grease 9-inch square pan.
- ☐ Place bread mix in large bowl. With pastry blender or fork, cut in butter until mixture resembles coarse crumbs.
- ☐ Add egg; mix well. Reserve 1 cup mixture for topping. Press remaining mixture evenly in bottom of greased pan.
- ☐ In small bowl, combine all filling ingredients; stir gently to mix (do not break up cream cheese).
- ☐ Spread filling evenly over base. With fingers, crumble reserved mixture and sprinkle evenly over filling; press lightly.
- ☐ Bake at 350°F. for 30 to 35 minutes or until top is golden brown. Cool 1 hour or until completely cooled.
- ☐ Cut into bars. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:6.6, Glycemic Load:0.91, Inflammation Score:-2, Nutrition Score:2.3626087113567%

Flavonoids

Cyanidin: 10.56mg, Cyanidin: 10.56mg, Cyanidin: 10.56mg, Cyanidin: 10.56mg Delphinidin: 1.89mg, Delphinidin: 1.89mg, Delphinidin: 1.89mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 10.87mg, Peonidin: 10.87mg, Peonidin: 10.87mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.47mg, Myricetin: 1.47mg, Myricetin: 1.47mg, Myricetin: 1.47mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 92.53kcal (4.63%), Fat: 6.73g (10.36%), Saturated Fat: 3.04g (19.02%), Carbohydrates: 7.78g (2.59%), Net Carbohydrates: 6.72g (2.44%), Sugar: 3.67g (4.08%), Cholesterol: 20.61mg (6.87%), Sodium: 52.47mg (2.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Manganese: 0.2mg (10.17%), Vitamin C: 8.23mg (9.97%), Fiber: 1.06g (4.23%), Vitamin A: 178.33IU (3.57%), Vitamin E: 0.48mg (3.18%), Iron: 0.57mg (3.18%), Copper: 0.05mg (2.37%), Phosphorus: 19.79mg (1.98%), Selenium: 1.2µg (1.72%), Vitamin B2: 0.03mg (1.71%), Vitamin B5: 0.15mg (1.51%), Vitamin B1: 0.02mg (1.51%), Vitamin K: 1.56µg (1.49%), Magnesium: 5.35mg (1.34%), Zinc: 0.2mg (1.31%), Vitamin B6: 0.02mg (1.23%), Potassium: 38.42mg (1.1%)