



Berry Snack Bars



Vegetarian



Dairy Free



Popular

READY IN



50 min.

SERVINGS



20

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 2.5 cups florida blueberries divided
- ☐ 2 tablespoons canola oil
- ☐ 0.3 cup cornstarch
- ☐ 1 large eggs for egg-free suggestions (see post above)
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup orange juice
- ☐ 0.3 cup palm shortening cold cut into small pieces

- ☐ 1 cup pecans divided chopped
- ☐ 0.5 teaspoon salt
- ☐ 3 cups florida strawberries diced divided hulled
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup flour whole wheat

Equipment

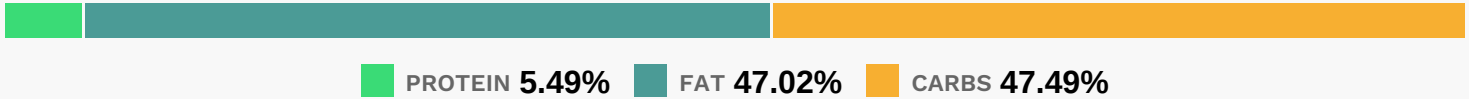
- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Combine 3/4 cup chopped pecans, both flours, sugar and salt in your food processor. Pulse together until the nuts are finely ground.
- ☐ Add margarine or shortening to mixture and pulse until well incorporated. In a small mixing bowl, whisk the egg, oil, vanilla and almond extracts together. With the motor running on food processor, add the egg mixture to pecan mixture. Continue to pulse until it begins to clump, 30 to 45 seconds. Measure out 1/2 cup of the mixture and combine in a separate bowl with the remaining 1/4 cup chopped pecans (for the topping). Preheat your oven to 400°F and grease a 9-by-13-inch baking dish.
- ☐ Combine 2 cups strawberries, 2 cups blueberries, orange juice, sugar and cornstarch in a large saucepan. Bring to a simmer over medium heat, stirring constantly, until mixture has thickened (about 4 to 5 minutes). Stir in the remaining fresh fruit and vanilla.
- ☐ Transfer the bottom crust mixture to your prepared baking dish.
- ☐ Spread evenly and press firmly into bottom. Evenly spread the fruit filling over the crust, and sprinkle the top of the fruit filling with the reserved pecan topping mixture.

- ☐ Bake the bars for 15 minutes. Reduce the oven temperature to 350°F and bake until the crust and topping are lightly brown, about 25 to 30 minutes more.
- ☐ Let bars cool completely before cutting.
- ☐ Serve with fresh fruit.

Nutrition Facts



Properties

Glycemic Index:14.35, Glycemic Load:7.65, Inflammation Score:-3, Nutrition Score:5.5595652344434%

Flavonoids

Cyanidin: 2.46mg, Cyanidin: 2.46mg, Cyanidin: 2.46mg, Cyanidin: 2.46mg Petunidin: 5.86mg, Petunidin: 5.86mg, Petunidin: 5.86mg, Petunidin: 5.86mg Delphinidin: 6.98mg, Delphinidin: 6.98mg, Delphinidin: 6.98mg, Delphinidin: 6.98mg Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg Pelargonidin: 5.37mg, Pelargonidin: 5.37mg, Pelargonidin: 5.37mg Peonidin: 3.76mg, Peonidin: 3.76mg, Peonidin: 3.76mg, Peonidin: 3.76mg Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 151.3kcal (7.57%), Fat: 8.21g (12.63%), Saturated Fat: 1.85g (11.59%), Carbohydrates: 18.66g (6.22%), Net Carbohydrates: 16.68g (6.06%), Sugar: 8.42g (9.35%), Cholesterol: 9.3mg (3.1%), Sodium: 62.52mg (2.72%), Alcohol: 0.09g (100%), Alcohol %: 0.15% (100%), Protein: 2.16g (4.31%), Manganese: 0.59mg (29.31%), Vitamin C: 16.1mg (19.51%), Fiber: 1.98g (7.92%), Selenium: 5.51µg (7.87%), Vitamin B1: 0.11mg (7.19%), Vitamin E: 0.98mg (6.5%), Copper: 0.11mg (5.5%), Vitamin K: 5.54µg (5.28%), Folate: 20.05µg (5.01%), Phosphorus: 47.94mg (4.79%), Magnesium: 17.82mg (4.46%), Iron: 0.71mg (3.92%), Vitamin B2: 0.06mg (3.7%), Vitamin B3: 0.73mg (3.67%), Zinc: 0.47mg (3.13%), Potassium: 99.12mg (2.83%), Vitamin B6: 0.06mg (2.8%), Vitamin B5: 0.18mg (1.85%), Calcium: 12.15mg (1.22%)