



## Blueberry Snack Bars

READY IN



45 min.

SERVINGS



16

CALORIES



432 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 21 ounce blueberry filling canned
- 0.5 cup butter melted
- 0.8 cup coconut flakes flaked
- 2.5 cups powdered sugar
- 8 ounce cream cheese
- 3 eggs
- 0.8 cup walnut pieces chopped
- 18 ounce cake mix yellow

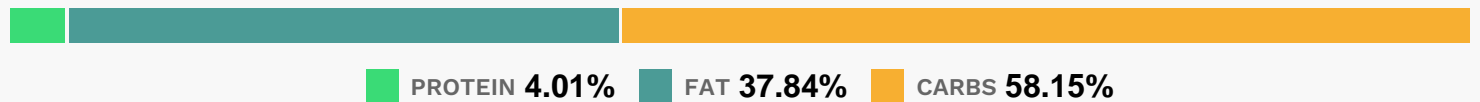
## Equipment

- frying pan
- oven
- mixing bowl

## Directions

- In large mixing bowl, blend cake mix, butter and 1 egg. Pat mixture into buttered 15x10 inch jelly roll pan. Beat cream cheese until fluffy; blend in 2 eggs and sugar.
- Pour over cake mixture. Spoon LUCKY LEAF Blueberry Pie Filling over top.
- Sprinkle with coconut and nuts.
- Bake at 325 degrees for 45 minutes until lightly browned. Cool; cut into bars.

## Nutrition Facts



## Properties

Glycemic Index:6.06, Glycemic Load:0.29, Inflammation Score:-3, Nutrition Score:6.8782609377218%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg

## Nutrients (% of daily need)

Calories: 432.09kcal (21.6%), Fat: 18.52g (28.49%), Saturated Fat: 9.9g (61.88%), Carbohydrates: 64.06g (21.35%), Net Carbohydrates: 61.69g (22.43%), Sugar: 47.21g (52.46%), Cholesterol: 60.26mg (20.09%), Sodium: 340.44mg (14.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.82%), Manganese: 0.44mg (22.11%), Phosphorus: 163.72mg (16.37%), Calcium: 104.01mg (10.4%), Vitamin B2: 0.17mg (10.28%), Copper: 0.19mg (9.67%), Fiber: 2.37g (9.47%), Selenium: 6.05µg (8.64%), Vitamin A: 421.47IU (8.43%), Folate: 33.16µg (8.29%), Iron: 1.43mg (7.92%), Vitamin B1: 0.11mg (7.35%), Magnesium: 21.57mg (5.39%), Vitamin E: 0.81mg (5.39%), Vitamin B6: 0.1mg (4.95%), Vitamin B3: 0.88mg (4.4%), Vitamin B5: 0.43mg (4.29%), Potassium: 135.77mg (3.88%), Zinc: 0.56mg (3.72%), Vitamin K: 3.36µg (3.2%), Vitamin B12: 0.15µg (2.48%), Vitamin D: 0.17µg (1.1%)