

Cherry Berry Bars

 Vegetarian

READY IN



100 min.

SERVINGS



16

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.3 cup berry preserves mixed
- 0.3 cup butter softened
- 0.8 cup cherries frozen assorted thawed pitted drained chopped well
- 0.5 cup brown sugar dark
- 1 eggs
- 1 cup flour all-purpose

- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 0.5 cup juice of lemon
- 1 lemon zest

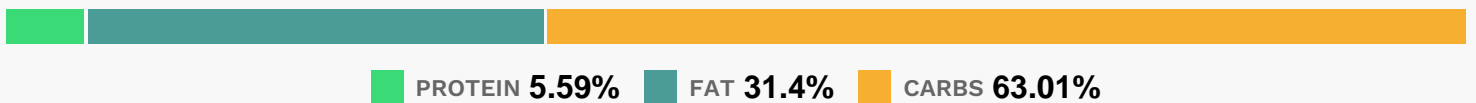
Equipment

- bowl
- oven
- baking pan
- hand mixer
- toothpicks
- skewers

Directions

- Watch how to make this recipe.
- Preheat oven to 350 degrees F.
- In large bowl with an electric mixer, mix butter until fluffy.
- Add half the flour, then add in order: brown sugar, lemon zest, juice and egg. To remaining flour add baking powder, baking soda, cinnamon and cloves.
- Combine both mixtures until just incorporated. Fold in cherries and pour into an ungreased 8 by 8-inch baking pan. Using a spoon, equally dollop preserves on top of batter and using a toothpick or skewer, drag the tip through the preserves to create a swirl pattern on top.
- Bake for 30 minutes or until a toothpick inserted in center comes out clean; cake will be moist to the touch. Once cooled, cut into squares and dust with powdered sugar to serve.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:4.54, Inflammation Score:-1, Nutrition Score:2.2199999871461%

Flavonoids

Cyanidin: 2.06mg, Cyanidin: 2.06mg, Cyanidin: 2.06mg, Cyanidin: 2.06mg Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg Malvidin: 1.2mg, Malvidin: 1.2mg, Malvidin: 1.2mg, Malvidin: 1.2mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 91.48kcal (4.57%), Fat: 3.27g (5.03%), Saturated Fat: 1.93g (12.07%), Carbohydrates: 14.77g (4.92%), Net Carbohydrates: 14.24g (5.18%), Sugar: 7.95g (8.83%), Cholesterol: 17.86mg (5.95%), Sodium: 59.44mg (2.58%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 1.31g (2.62%), Manganese: 0.12mg (5.8%), Selenium: 3.63µg (5.19%), Vitamin C: 3.95mg (4.79%), Vitamin B1: 0.07mg (4.49%), Folate: 17.79µg (4.45%), Vitamin B2: 0.06mg (3.35%), Iron: 0.52mg (2.91%), Vitamin B3: 0.51mg (2.53%), Vitamin A: 109.67IU (2.19%), Fiber: 0.53g (2.12%), Phosphorus: 20.13mg (2.01%), Calcium: 19.63mg (1.96%), Potassium: 47.2mg (1.35%), Vitamin B5: 0.12mg (1.17%), Copper: 0.02mg (1.16%), Magnesium: 4.32mg (1.08%), Vitamin B6: 0.02mg (1.01%), Vitamin E: 0.15mg (1.01%)