



Cherry Chews

 Vegetarian

READY IN



65 min.

SERVINGS



24

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon almond extract
- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 6 tablespoons butter softened
- 1 cup coconut or flaked
- 4 cups confectioners' sugar
- 2 eggs

- 1 tablespoon flour all-purpose
- 1 cup maraschino cherries drained
- 0.5 cup pecans chopped
- 1 cup rolled oats
- 0.5 teaspoon salt
- 2 teaspoons vanilla extract

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl, stir together 1 cup flour, oats, 1 cup brown sugar, baking soda and 1/4 teaspoon salt. Rub in the 1/2 cup of butter until crumbly. Press into the bottom of a 9x13 inch baking pan.
- Bake for 10 minutes in the preheated oven.
- Remove and cool. Make the filling while the crust is baking. In a medium bowl, beat eggs, almond extract, 1 cup of brown sugar, 1 tablespoon of flour, baking powder and 1/2 teaspoon of salt until smooth. Stir in the coconut, cherries and pecans.
- Spread over the pre-baked crust.
- Bake for 25 minutes in the preheated oven, until light brown.
- Let cool before icing.
- To make the icing, mix together the remaining 6 tablespoons butter, confectioners' sugar and vanilla until smooth. Gradually add the reserved cherry juice until the desired consistency is reached.
- Drizzle over cooled bars before cutting into squares.

Nutrition Facts



■ PROTEIN 2.65% ■ FAT 30.13% ■ CARBS 67.22%

Properties

Glycemic Index:11.13, Glycemic Load:1, Inflammation Score:-1, Nutrition Score:2.776086907024%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 213.53kcal (10.68%), Fat: 7.35g (11.31%), Saturated Fat: 4.12g (25.77%), Carbohydrates: 36.9g (12.3%), Net Carbohydrates: 35.44g (12.89%), Sugar: 32.73g (36.37%), Cholesterol: 21.17mg (7.05%), Sodium: 144.34mg (6.28%), Alcohol: 0.14g (100%), Alcohol %: 0.32% (100%), Protein: 1.45g (2.91%), Manganese: 0.33mg (16.71%), Fiber: 1.46g (5.84%), Selenium: 3.23µg (4.62%), Copper: 0.09mg (4.6%), Phosphorus: 40.21mg (4.02%), Magnesium: 12.49mg (3.12%), Calcium: 30.21mg (3.02%), Iron: 0.54mg (2.98%), Zinc: 0.38mg (2.54%), Vitamin B1: 0.04mg (2.45%), Vitamin A: 112.97IU (2.26%), Vitamin B2: 0.04mg (2.08%), Potassium: 62.33mg (1.78%), Vitamin B5: 0.16mg (1.65%), Vitamin B6: 0.03mg (1.48%), Vitamin E: 0.19mg (1.24%), Folate: 4.39µg (1.1%)