



Cherry Squares

 Vegetarian

READY IN



75 min.

SERVINGS



10

CALORIES



301 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1.3 cups brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 1 cup coconut or flaked
- ☐ 1 cup confectioners' sugar
- ☐ 2 eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 cup maraschino cherries chopped

- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped
- ☐ 1 tablespoon water

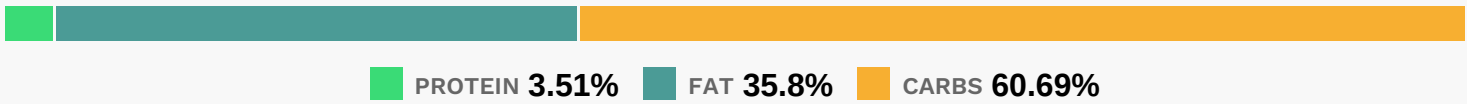
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, stir together 1 1/4 cup flour and 1/3 cup brown sugar. Rub in 1/2 cup butter using your hands or a pastry blender. Press into an ungreased 9 inch square pan.
- ☐ Bake for 15 minutes in the preheated oven, or until lightly browned at the edges. Set aside. In a medium bowl, beat eggs until light.
- ☐ Mix together the brown sugar, flour, baking powder, and salt; stir into the eggs.
- ☐ Mix in the coconut, nuts, and cherries; spread the batter evenly over the baked crust.
- ☐ Return to the oven, and bake for 25 minutes, or until brown. Set aside to cool. In a small bowl, mix the confectioners' sugar, 2 tablespoons butter, vanilla, and water until smooth.
- ☐ Add more liquid if necessary to make a more spreadable mixture.
- ☐ Spread over cooled bars before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:23.7, Glycemic Load:0.55, Inflammation Score:-1, Nutrition Score:4.4813043837962%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg

Nutrients (% of daily need)

Calories: 301.13kcal (15.06%), Fat: 12.44g (19.14%), Saturated Fat: 6.94g (43.39%), Carbohydrates: 47.45g (15.82%), Net Carbohydrates: 45.28g (16.46%), Sugar: 43.84g (48.71%), Cholesterol: 38.76mg (12.92%), Sodium: 92.55mg (4.02%), Alcohol: 0.07g (100%), Alcohol %: 0.11% (100%), Protein: 2.74g (5.49%), Manganese: 0.46mg (23.03%), Copper: 0.2mg (9.96%), Fiber: 2.18g (8.71%), Selenium: 5.27µg (7.53%), Phosphorus: 62.51mg (6.25%), Calcium: 54.83mg (5.48%), Magnesium: 21.21mg (5.3%), Iron: 0.92mg (5.1%), Vitamin B6: 0.08mg (4.21%), Vitamin B2: 0.06mg (3.8%), Potassium: 125.21mg (3.58%), Zinc: 0.51mg (3.42%), Folate: 12.37µg (3.09%), Vitamin B5: 0.29mg (2.85%), Vitamin A: 123.99IU (2.48%), Vitamin B1: 0.03mg (2.31%), Vitamin E: 0.24mg (1.61%), Vitamin B12: 0.08µg (1.38%), Vitamin D: 0.18µg (1.17%)