

Cherry Walnut Bars

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup brown sugar packed
- ☐ 1 teaspoon butter
- ☐ 0.5 cup coconut or flaked
- ☐ 1 cup confectioners' sugar
- ☐ 2 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 4 ounce maraschino cherries

- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped
- ☐ 0.5 cup sugar white

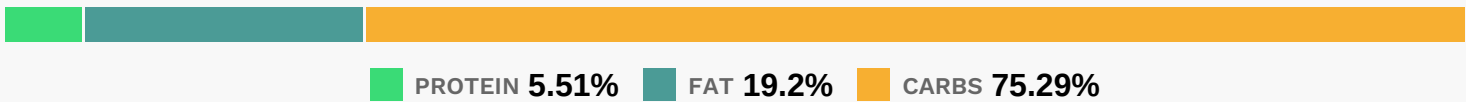
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (180 degrees C).
- ☐ Mix together flour, white sugar and butter or margarine.
- ☐ Mix until crumbly. Press into a 9 x 13 inch pan.
- ☐ Bake for 20 minutes or until lightly browned.
- ☐ Beat eggs, sugar, salt, baking powder, and vanilla.
- ☐ Drain and chop cherries, reserving liquid. Stir chopped cherries, nuts, and coconut into egg mixture.
- ☐ Pour on top of crust.
- ☐ Bake 25 min. Cool.
- ☐ Combine 1 teaspoon butter and 1 cup confectioner's sugar with enough liquid from cherries until spreadable. Frost bars.
- ☐ Sprinkle with coconut when icing is set.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:4.72, Inflammation Score:-1, Nutrition Score:1.5304347976394%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg

Nutrients (% of daily need)

Calories: 77.83kcal (3.89%), Fat: 1.69g (2.61%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 14.94g (4.98%), Net Carbohydrates: 14.48g (5.27%), Sugar: 10.02g (11.13%), Cholesterol: 7.04mg (2.35%), Sodium: 33.84mg (1.47%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Protein: 1.09g (2.19%), Manganese: 0.11mg (5.5%), Selenium: 2.86µg (4.09%), Vitamin B1: 0.05mg (3.43%), Folate: 12.91µg (3.23%), Vitamin B2: 0.04mg (2.41%), Iron: 0.42mg (2.33%), Copper: 0.04mg (2.11%), Vitamin B3: 0.37mg (1.86%), Fiber: 0.46g (1.84%), Phosphorus: 17.2mg (1.72%), Magnesium: 4.76mg (1.19%), Calcium: 10.95mg (1.1%)