



Choco-Cherry Bars

READY IN



60 min.

SERVINGS



36

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz baker's chocolate unsweetened divided
- 0.5 tsp baking soda
- 0.8 cup butter softened (1-)
- 8 oz philadelphia cream cheese softened
- 2 eggs
- 1.3 cups flour
- 1 cup granulated sugar
- 1 cup maraschino cherries drained chopped well
- 2 Tbsp milk divided

- 1 cup powdered sugar sifted
- 0.5 tsp salt
- 1.5 tsp vanilla divided
- 0.5 cup planters walnuts chopped

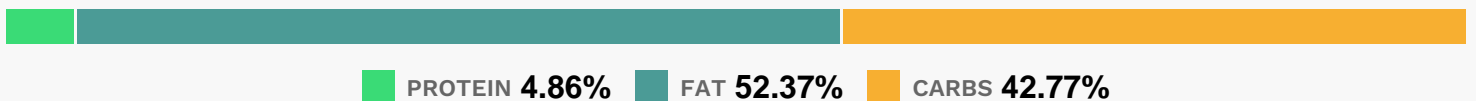
Equipment

- bowl
- frying pan
- oven
- blender
- toothpicks

Directions

- Heat oven to 350F. Melt 2 oz. chocolate; set aside. Beat cream cheese, butter and granulated sugar in large bowl with mixer until blended.
- Add eggs and 1 tsp. vanilla; mix well.
- Mix flour, baking soda and salt.
- Add to cream cheese mixture; mix well. Blend in melted chocolate. Stir in cherries and nuts.
- Spread into greased and floured 15x10x1-inch pan.
- Bake 25 to 30 min. or until toothpick inserted in center comes out clean. Melt remaining chocolate in medium microwaveable bowl. Stir in powdered sugar, 2 Tbsp. milk and remaining vanilla.
- Add remaining 1 Tbsp. milk, if necessary for desired glaze consistency.
- Drizzle over dessert. Cool completely.

Nutrition Facts



Properties

Glycemic Index:6.39, Glycemic Load:6.41, Inflammation Score:-3, Nutrition Score:2.9552173760274%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg Epicatechin: 4.47mg, Epicatechin: 4.47mg, Epicatechin: 4.47mg, Epicatechin: 4.47mg

Nutrients (% of daily need)

Calories: 147.96kcal (7.4%), Fat: 9.01g (13.87%), Saturated Fat: 3.28g (20.51%), Carbohydrates: 16.56g (5.52%), Net Carbohydrates: 15.6g (5.67%), Sugar: 11.75g (13.05%), Cholesterol: 15.56mg (5.19%), Sodium: 119.22mg (5.18%), Alcohol: 0.06g (100%), Alcohol %: 0.19% (100%), Protein: 1.88g (3.76%), Manganese: 0.22mg (10.97%), Copper: 0.15mg (7.35%), Vitamin A: 271.6IU (5.43%), Iron: 0.88mg (4.89%), Selenium: 3.18µg (4.54%), Fiber: 0.96g (3.84%), Magnesium: 15.21mg (3.8%), Phosphorus: 36.63mg (3.66%), Vitamin B2: 0.06mg (3.38%), Vitamin B1: 0.05mg (3.18%), Zinc: 0.47mg (3.12%), Folate: 12.18µg (3.05%), Calcium: 19.03mg (1.9%), Vitamin E: 0.26mg (1.71%), Vitamin B3: 0.33mg (1.64%), Potassium: 54.7mg (1.56%), Vitamin B5: 0.12mg (1.18%), Vitamin B6: 0.02mg (1.02%)