



## Coconut Cherry Bars

 Dairy Free

READY IN



75 min.

SERVINGS



30

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup butter softened
- ☐ 3 tablespoons powdered sugar
- ☐ 2 eggs
- ☐ 1 cup granulated sugar
- ☐ 0.8 cup nuts chopped
- ☐ 0.5 cup coconut flakes flaked
- ☐ 0.5 cup maraschino cherries drained chopped

- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla

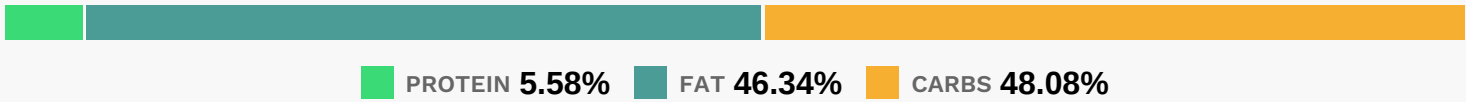
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

## Directions

- ☐ Heat oven to 350°F. Grease 8- or 9-inch square pan.
- ☐ In medium bowl, mix 1 cup flour, the butter and powdered sugar with spoon until flour is moistened. Press mixture in pan.
- ☐ Bake 10 minutes.
- ☐ In medium bowl, beat eggs. Stir in remaining ingredients.
- ☐ Spread over baked layer.
- ☐ Bake 25 to 30 minutes or until golden brown. Cool completely, about 30 minutes. For bars, cut into 6 rows by 5 rows.

## Nutrition Facts



## Properties

Glycemic Index:11.39, Glycemic Load:7.72, Inflammation Score:-2, Nutrition Score:2.2195652258461%

## Nutrients (% of daily need)

Calories: 116.79kcal (5.84%), Fat: 6.17g (9.49%), Saturated Fat: 1.79g (11.2%), Carbohydrates: 14.41g (4.8%), Net Carbohydrates: 13.59g (4.94%), Sugar: 9.11g (10.12%), Cholesterol: 10.91mg (3.64%), Sodium: 67.6mg (2.94%), Alcohol: 0.05g (100%), Alcohol %: 0.2% (100%), Protein: 1.67g (3.34%), Manganese: 0.15mg (7.3%), Selenium: 2.98µg (4.26%), Copper: 0.07mg (3.66%), Vitamin B1: 0.05mg (3.37%), Fiber: 0.82g (3.29%), Phosphorus: 32.47mg (3.25%), Folate: 12.88µg (3.22%), Vitamin A: 153.48IU (3.07%), Vitamin B2: 0.05mg (2.98%), Magnesium: 11.18mg (2.79%),

Iron: 0.5mg (2.79%), Vitamin B3: 0.49mg (2.45%), Zinc: 0.25mg (1.67%), Vitamin B5: 0.13mg (1.28%), Calcium: 12.6mg (1.26%), Potassium: 41.59mg (1.19%), Vitamin B6: 0.02mg (1.14%), Vitamin E: 0.16mg (1.06%)