



Cranberry-Apple Butter Bars

 Dairy Free

READY IN



140 min.

SERVINGS



32

CALORIES



141 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 12 oz cranberries fresh
- ☐ 1 cup granulated sugar
- ☐ 1 teaspoon orange zest grated
- ☐ 0.3 cup orange juice
- ☐ 0.5 cup spiced apple butter
- ☐ 2 tablespoons butter
- ☐ 0.8 cup butter softened
- ☐ 1 cup brown sugar packed

- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon baking soda
- ☐ 1.3 cups oats

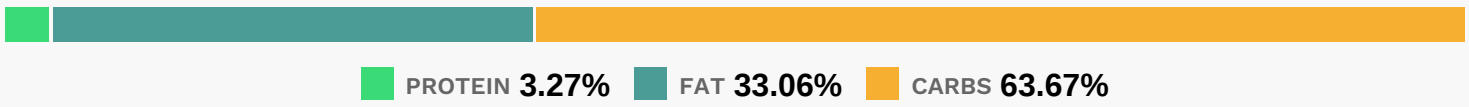
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 400°F. Spray 13x9-inch pan with cooking spray.
- ☐ In 4-quart saucepan, mix cranberries, granulated sugar, orange peel and orange juice.
- ☐ Heat to boiling over high heat, stirring constantly. Cook over high heat 6 to 8 minutes, stirring frequently, until cranberries pop and lose their round shape and mixture thickens. Stir in apple butter and 2 tablespoons butter; remove from heat.
- ☐ In large bowl, beat 3/4 cup butter and the brown sugar with electric mixer on medium speed, scraping bowl occasionally, until fluffy. Stir in flour, salt, baking soda and oats. Press 3 cups oat mixture in pan.
- ☐ Spread cranberry filling over base. Crumble remaining 2 cups oat mixture over filling; press lightly.
- ☐ Bake 25 to 30 minutes or until golden brown. Cool completely, about 1 hour 30 minutes. For bars, cut into 8 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:9.6, Glycemic Load:9.31, Inflammation Score:-3, Nutrition Score:2.5313043610557%

Flavonoids

Cyanidin: 4.94mg, Cyanidin: 4.94mg, Cyanidin: 4.94mg, Cyanidin: 4.94mg Delphinidin: 0.82mg, Delphinidin: 0.82mg, Delphinidin: 0.82mg, Delphinidin: 0.82mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 5.23mg, Peonidin: 5.23mg, Peonidin: 5.23mg, Peonidin: 5.23mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 141.26kcal (7.06%), Fat: 5.31g (8.17%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 23.02g (7.67%), Net Carbohydrates: 22.11g (8.04%), Sugar: 15.14g (16.82%), Cholesterol: 0mg (0%), Sodium: 151.29mg (6.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.37%), Manganese: 0.23mg (11.67%), Vitamin A: 233.09IU (4.66%), Selenium: 3.21µg (4.59%), Vitamin B1: 0.07mg (4.48%), Fiber: 0.92g (3.66%), Folate: 12.62µg (3.15%), Vitamin C: 2.58mg (3.13%), Magnesium: 11.69mg (2.92%), Iron: 0.51mg (2.85%), Phosphorus: 24.4mg (2.44%), Vitamin E: 0.36mg (2.41%), Vitamin B2: 0.04mg (2.34%), Vitamin B3: 0.4mg (2.02%), Copper: 0.03mg (1.71%), Potassium: 46.02mg (1.31%), Calcium: 11.82mg (1.18%), Zinc: 0.16mg (1.06%)