



Cranberry-Apricot Bars

 Dairy Free

READY IN



100 min.

SERVINGS



16

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 cup butter softened
- ☐ 0.3 cup sugar
- ☐ 0.5 cup apricot dried chopped
- ☐ 0.5 cup cranberries dried sweetened
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon cornstarch
- ☐ 0.3 cup honey

☐ 3 tablespoons orange juice

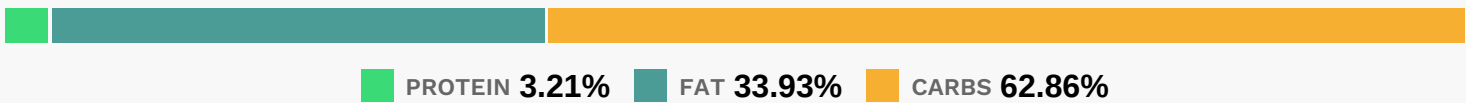
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. Line 8-inch square pan with foil; spray foil with cooking spray. In large bowl, beat crust ingredients with electric mixer on low speed until mixture looks like coarse crumbs. Press in pan.
- ☐ Bake 28 to 30 minutes or until light golden brown. Meanwhile, in medium bowl, mix filling ingredients.
- ☐ Remove partially baked crust from oven. Reduce oven temperature to 325°F.
- ☐ Spread filling evenly over crust.
- ☐ Bake 8 to 10 minutes longer or until mixture is set and appears glossy. Cool completely, about 45 minutes. For bars, cut into 4 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:22.05, Glycemic Load:12.95, Inflammation Score:-3, Nutrition Score:2.4730435062362%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 151.51kcal (7.58%), Fat: 5.89g (9.07%), Saturated Fat: 1.2g (7.53%), Carbohydrates: 24.57g (8.19%), Net Carbohydrates: 23.79g (8.65%), Sugar: 15.8g (17.56%), Cholesterol: 0mg (0%), Sodium: 68.04mg (2.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.51%), Vitamin A: 406.53IU (8.13%), Vitamin B1: 0.08mg (5.42%), Selenium: 3.52µg (5.03%), Folate: 19.41µg (4.85%), Manganese: 0.09mg (4.57%), Vitamin B3: 0.72mg (3.62%), Vitamin B2: 0.06mg (3.48%), Iron: 0.61mg (3.39%), Vitamin E: 0.48mg (3.22%), Fiber: 0.78g (3.13%), Potassium: 71.68mg (2.05%), Vitamin C: 1.68mg (2.04%), Copper: 0.03mg (1.72%), Phosphorus: 16.18mg (1.62%), Magnesium: 4.28mg (1.07%)