

Cranberry Bars

 Vegetarian

READY IN



120 min.

SERVINGS



12

CALORIES



253 kcal

SIDE DISH

Ingredients

- ☐ 3 cups cranberries fresh frozen thawed (not if ;)
- ☐ 2 cups flour all-purpose
- ☐ 1 cup granulated sugar divided
- ☐ 0.5 teaspoon salt
- ☐ 1.5 sticks butter unsalted cut into 1/2-inch cubes
- ☐ 0.3 cup water

Equipment

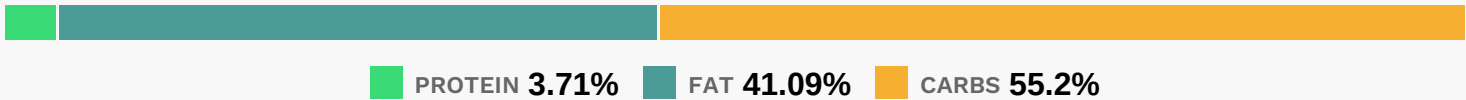
- ☐ food processor

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Line a 9-inch square baking pan with 2 crisscrossed sheets of foil, leaving an overhang on 2 opposite sides, then butter foil.
- ☐ Blend butter, flour, salt, and 1/2 cup granulated sugar in a food processor until mixture begins to clump together. Press into bottom of pan.
- ☐ Bake until pale golden and sides begin to pull away from pan, 25 to 30 minutes.
- ☐ While crust is baking, cook cranberries, remaining 2/3 cup granulated sugar, and water in a 2-quart heavy saucepan over medium heat, stirring occasionally, until berries burst, 6 to 8 minutes.
- ☐ Pour cranberries over crust and bake until edge is golden, about 25 minutes.
- ☐ Sift confectioners sugar over top and cool completely in pan on a rack. Lift out of pan using foil overhang and cut into 12 squares, then sift more confectioners sugar over top.
- ☐ Bars keep in an airtight container at room temperature 2 days.

Nutrition Facts



Properties

Glycemic Index:15.84, Glycemic Load:24.08, Inflammation Score:-4, Nutrition Score:4.3960869584395%

Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg

Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 252.78kcal (12.64%), Fat: 11.75g (18.07%), Saturated Fat: 7.29g (45.56%), Carbohydrates: 35.51g (11.84%), Net Carbohydrates: 34.04g (12.38%), Sugar: 17.77g (19.74%), Cholesterol: 30.37mg (10.12%), Sodium: 99.78mg (4.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.77%), Manganese: 0.23mg (11.68%), Vitamin B1: 0.17mg (11.15%), Selenium: 7.33µg (10.47%), Folate: 38.8µg (9.7%), Vitamin A: 367.98IU (7.36%), Vitamin B2: 0.12mg (6.82%), Vitamin B3: 1.26mg (6.31%), Fiber: 1.46g (5.85%), Iron: 1.04mg (5.76%), Vitamin E: 0.67mg (4.47%), Vitamin C: 3.5mg (4.24%), Phosphorus: 28.64mg (2.86%), Copper: 0.05mg (2.41%), Vitamin K: 2.3µg (2.19%), Vitamin B5: 0.18mg (1.81%), Magnesium: 6.42mg (1.6%), Vitamin D: 0.21µg (1.41%), Potassium: 46.03mg (1.32%), Zinc: 0.18mg (1.22%), Vitamin B6: 0.02mg (1.19%)