

Cranberry Bars

READY IN



70 min.

SERVINGS



15

CALORIES



342 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup butter melted
- ☐ 12 ounce cranberries whole
- ☐ 2 eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 0.8 cup brown sugar light packed
- ☐ 1 cup rolled oats
- ☐ 0.8 cup water
- ☐ 1 cup sugar white

☐ 18.3 ounce duncan hines classic decadent cake mix yellow

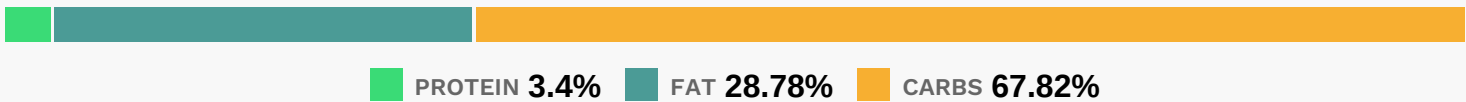
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a saucepan over medium heat, combine the cranberries, white sugar, and water. Cook, stirring occasionally until all of the cranberries have popped, and the mixture is thick, about 15 minutes.
- ☐ Remove from heat, and set aside to cool.
- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl, mix together the cake mix, melted butter, and eggs. Stir in the oats, brown sugar, ginger and cinnamon. Set aside about 1 1/2 cups of the mixture, and spread the rest into the bottom of a 9x13 inch baking dish. Pack down to form a solid crust, getting it as even as possible.
- ☐ Spread the cooled cranberry mixture over the crust. Pinch off pieces of the remaining mixture and place evenly over the cranberry layer.
- ☐ Bake for 35 to 40 minutes in the preheated oven, until the top is lightly browned. Cool in the pan for about 40 minutes before slicing into bars.

Nutrition Facts



Properties

Glycemic Index:14.01, Glycemic Load:11.42, Inflammation Score:-3, Nutrition Score:5.8400000074635%

Flavonoids

Cyanidin: 10.53mg, Cyanidin: 10.53mg, Cyanidin: 10.53mg, Cyanidin: 10.53mg Delphinidin: 1.74mg, Delphinidin: 1.74mg, Delphinidin: 1.74mg, Delphinidin: 1.74mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 11.15mg, Peonidin: 11.15mg, Peonidin: 11.15mg, Peonidin: 11.15mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 341.53kcal (17.08%), Fat: 11.15g (17.16%), Saturated Fat: 6.64g (41.51%), Carbohydrates: 59.13g (19.71%), Net Carbohydrates: 57.26g (20.82%), Sugar: 39.97g (44.41%), Cholesterol: 46.23mg (15.41%), Sodium: 337.04mg (14.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Manganese: 0.42mg (21.03%), Phosphorus: 146.67mg (14.67%), Calcium: 94.52mg (9.45%), Fiber: 1.87g (7.46%), Vitamin B2: 0.13mg (7.42%), Vitamin B1: 0.11mg (7.35%), Folate: 28.64µg (7.16%), Selenium: 4.82µg (6.89%), Iron: 1.23mg (6.81%), Vitamin A: 329.36IU (6.59%), Vitamin E: 0.97mg (6.45%), Vitamin B3: 0.92mg (4.59%), Vitamin C: 3.18mg (3.86%), Vitamin B5: 0.37mg (3.71%), Magnesium: 14.67mg (3.67%), Copper: 0.07mg (3.6%), Vitamin B6: 0.06mg (3.04%), Vitamin K: 3.1µg (2.95%), Zinc: 0.41mg (2.73%), Potassium: 81.97mg (2.34%), Vitamin B12: 0.11µg (1.77%)