



Cranberry-Caramel Bars

READY IN



45 min.

SERVINGS



24

CALORIES



265 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon baking soda
- 0.5 cup firmly brown sugar light packed
- 1 cup butter melted
- 12 ounce mrs richardson's butterscotch caramel sauce
- 1 cup cranberries fresh
- 10 ounce dates chopped
- 2.3 cups flour all-purpose divided
- 2 cups regular oats uncooked
- 0.8 cup pecans chopped

- 0.5 cup sugar
- 2 tablespoons sugar

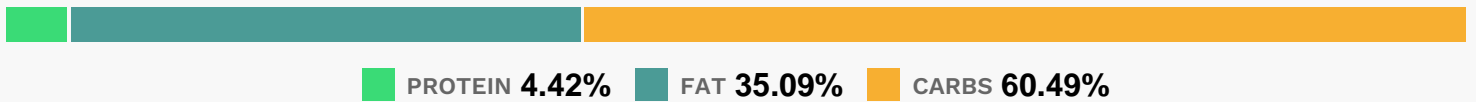
Equipment

- bowl
- oven
- wire rack
- baking pan

Directions

- Stir together cranberries and 2 tablespoons sugar in a small bowl; set aside.
- Combine 2 cups flour and next 4 ingredients; stir in melted butter until crumbly. Reserve 1 cup flour mixture. Press remaining mixture into bottom of a lightly greased 13- x 9-inch baking dish.
- Bake at 350 for 15 minutes.
- Sprinkle with dates, pecans, and cranberry mixture. Stir together caramel sauce and remaining 1/3 cup flour; spoon over cranberries.
- Sprinkle with reserved 1 cup flour mixture.
- Bake 20 more minutes or until lightly browned. Cool on a wire rack.
- Cut into bars.

Nutrition Facts



Properties

Glycemic Index:15.09, Glycemic Load:16.16, Inflammation Score:-4, Nutrition Score:5.4717390537262%

Flavonoids

Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 2.05mg, Peonidin: 2.05mg, Peonidin: 2.05mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin:

0.26mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg
Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate:
0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg
Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.73mg, Quercetin:
0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 264.54kcal (13.23%), Fat: 10.69g (16.45%), Saturated Fat: 1.89g (11.8%), Carbohydrates: 41.49g (13.83%),
Net Carbohydrates: 39.06g (14.2%), Sugar: 25.58g (28.43%), Cholesterol: 0mg (0%), Sodium: 162.63mg (7.07%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Manganese: 0.54mg (26.88%), Vitamin B1:
0.16mg (10.44%), Selenium: 6.83µg (9.76%), Fiber: 2.43g (9.73%), Vitamin A: 356.67IU (7.13%), Folate: 27.86µg
(6.97%), Phosphorus: 65.93mg (6.59%), Iron: 1.1mg (6.12%), Magnesium: 22.85mg (5.71%), Copper: 0.11mg (5.7%),
Vitamin B2: 0.09mg (5.18%), Vitamin B3: 0.99mg (4.97%), Potassium: 151.78mg (4.34%), Zinc: 0.53mg (3.5%),
Vitamin E: 0.44mg (2.96%), Vitamin B5: 0.28mg (2.77%), Calcium: 26.3mg (2.63%), Vitamin B6: 0.04mg (2.19%)