



## Cranberry Cheese Bars

READY IN



70 min.

SERVINGS



24

CALORIES



246 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 tablespoon brown sugar
- 1 cup butter softened
- 2 tablespoons cornstarch
- 8 ounce cream cheese
- 2 cups flour all-purpose
- 0.3 cup juice of lemon
- 1.5 cups rolled oats
- 14 ounce condensed milk sweetened canned
- 16 ounce roasted cranberry sauce whole canned

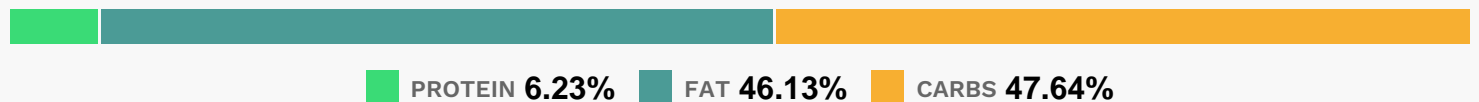
## Equipment

- bowl
- frying pan
- oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl, stir together the flour, oats and 3/4 cup of brown sugar.
- Cut in the butter until the mixture is crumbly. Reserve 1 1/2 cups of this mixture and press the remaining mixture into the bottom of a 9x13 inch pan.
- Bake for 15 minutes in the preheated oven. Meanwhile, in a small bowl, beat cream cheese with sweetened condensed milk until light and fluffy. Stir in the lemon juice and spread the mixture evenly over the prepared crust. Empty the can of cranberry sauce into a small bowl and stir in the cornstarch and brown sugar. Spoon over the cream cheese layer.
- Sprinkle the top with the reserved crust mixture.
- Bake for 35 to 40 minutes in the preheated oven, until top is golden.
- Let cool completely before cutting into bars. Store covered in the refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:10.54, Glycemic Load:12.55, Inflammation Score:-4, Nutrition Score:4.8130434686723%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

## Nutrients (% of daily need)

Calories: 246.15kcal (12.31%), Fat: 12.83g (19.73%), Saturated Fat: 7.75g (48.46%), Carbohydrates: 29.81g (9.94%), Net Carbohydrates: 28.8g (10.47%), Sugar: 15.99g (17.77%), Cholesterol: 35.5mg (11.83%), Sodium: 113.17mg (4.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.79%), Manganese: 0.27mg (13.47%), Selenium: 8.45µg (12.08%), Vitamin B2: 0.16mg (9.26%), Phosphorus: 87.31mg (8.73%), Vitamin B1: 0.13mg (8.4%), Vitamin A: 415.52IU (8.31%), Calcium: 63.75mg (6.37%), Folate: 24.34µg (6.08%), Iron: 0.83mg (4.6%), Fiber: 1.01g (4.06%), Magnesium: 15.22mg (3.8%), Vitamin B3: 0.74mg (3.7%), Vitamin E: 0.53mg (3.56%), Potassium: 114.18mg (3.26%), Zinc: 0.48mg (3.17%), Vitamin B5: 0.29mg (2.95%), Copper: 0.04mg (2.24%), Vitamin C: 1.6mg (1.94%), Vitamin B12: 0.11µg (1.83%), Vitamin B6: 0.03mg (1.38%), Vitamin K: 1.36µg (1.29%)