



## Cranberry-Cherry Pound Cake Bars

READY IN



215 min.

SERVINGS



24

CALORIES



263 kcal

DESSERT

### Ingredients

- ☐ 0.8 cup butter softened
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 teaspoon vanilla
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup butter softened
- ☐ 1 cup granulated sugar
- ☐ 0.3 teaspoon almond extract
- ☐ 2 eggs
- ☐ 1.7 cups flour all-purpose

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 0.3 cup whipping cream
- ☐ 5 oz cherries dried whole ( 1 cup)
- ☐ 1 cup cranberries dried sweetened
- ☐ 1 cup powdered sugar
- ☐ 2 tablespoons 1/4 cup dried cranberry (juice sweetened if possible)

## Equipment

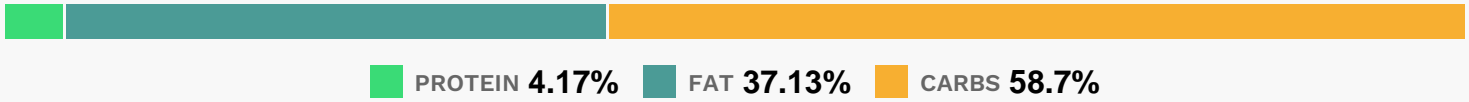
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks
- ☐ serrated knife

## Directions

- ☐ Heat oven to 350°F. Lightly spray 13x9-inch pan with cooking spray. In medium bowl, beat 3/4 cup butter, 1/2 cup granulated sugar and the vanilla with electric mixer on medium speed until well blended. On low speed, beat in 1 1/2 cups flour until soft dough forms. Press dough in bottom of pan.
- ☐ In large bowl, beat 1/2 cup butter, 1 cup granulated sugar and the almond extract on medium speed until well blended. Beat in eggs, one at a time, until creamy. On low speed, beat in 1 2/3 cups flour, the baking powder and baking soda. Beat in 1/4 cup juice and the cream. Fold in cherries and cranberries.
- ☐ Spread over crust.

- ☐ Bake 45 to 50 minutes or until toothpick inserted in center comes out clean and top is golden brown. Cool completely, about 2 hours.
- ☐ In small bowl, beat glaze ingredients with wire whisk until smooth; drizzle over bars.
- ☐ Let stand about 10 minutes or until glaze is set. Run table knife around edges of bars to loosen. For bars, cut into 6 rows by 4 rows, using serrated knife.

## Nutrition Facts



## Properties

Glycemic Index:20.59, Glycemic Load:18.11, Inflammation Score:-5, Nutrition Score:3.8508695519489%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 262.8kcal (13.14%), Fat: 11.02g (16.96%), Saturated Fat: 2.69g (16.81%), Carbohydrates: 39.22g (13.07%), Net Carbohydrates: 37.95g (13.8%), Sugar: 24.71g (27.45%), Cholesterol: 16.44mg (5.48%), Sodium: 135.02mg (5.87%), Alcohol: 0.04g (100%), Alcohol %: 0.08% (100%), Protein: 2.78g (5.57%), Vitamin A: 690.57IU (13.81%), Selenium: 6.93µg (9.9%), Vitamin B1: 0.13mg (8.91%), Folate: 32.16µg (8.04%), Vitamin B2: 0.11mg (6.64%), Manganese: 0.13mg (6.4%), Iron: 0.97mg (5.39%), Fiber: 1.27g (5.09%), Vitamin B3: 1.01mg (5.06%), Vitamin E: 0.59mg (3.94%), Phosphorus: 31.06mg (3.11%), Calcium: 18.43mg (1.84%), Copper: 0.03mg (1.67%), Vitamin B5: 0.16mg (1.56%), Magnesium: 5.06mg (1.26%), Zinc: 0.18mg (1.2%), Potassium: 36.04mg (1.03%)