



## Cranberry-Chocolate Peanut Butter Bars

READY IN



37 min.

SERVINGS



37

CALORIES



111 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.5 tsp baking soda
- 0.3 cup brown sugar packed
- 0.5 cup butter softened
- 0.8 cup creamy peanut butter
- 0.5 cup cranberries dried
- 1 eggs
- 1 cup flour
- 0.3 cup granulated sugar
- 0.8 cup quick-cooking oats

- 4 oz baker's semi-sweet chocolate chopped
- 1 tsp vanilla

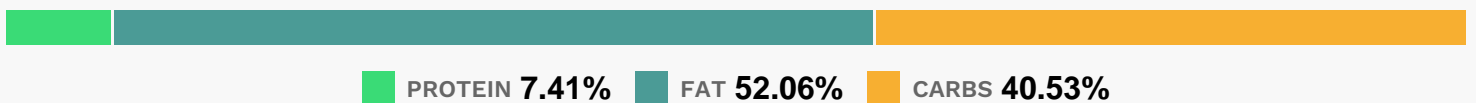
## Equipment

- bowl
- frying pan
- oven
- blender
- aluminum foil

## Directions

- Heat oven to 350F.
- Line 13x9-inch pan with foil, with ends of foil extending over sides; spray with cooking spray.
- Mix flour, oats and baking soda until blended.
- Beat butter, peanut butter and sugars in large bowl with mixer until light and fluffy.
- Add egg and vanilla; mix well. Gradually add flour mixture, mixing well after each addition. Stir in chocolate and cranberries; gently press onto bottom of prepared pan.
- Bake 20 to 22 min. or until center is set. Cool completely. Use foil handles to lift dessert from pan before cutting into bars.

## Nutrition Facts



## Properties

Glycemic Index:7.41, Glycemic Load:3.88, Inflammation Score:-2, Nutrition Score:2.6556521407936%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 110.9kcal (5.54%), Fat: 6.62g (10.18%), Saturated Fat: 2.84g (17.76%), Carbohydrates: 11.59g (3.86%), Net Carbohydrates: 10.76g (3.91%), Sugar: 6.64g (7.37%), Cholesterol: 11.2mg (3.73%), Sodium: 61.94mg (2.69%), Alcohol: 0.04g (100%), Alcohol %: 0.21% (100%), Protein: 2.12g (4.24%), Manganese: 0.22mg (10.86%), Magnesium: 19.87mg (4.97%), Vitamin B3: 0.95mg (4.74%), Vitamin E: 0.63mg (4.17%), Phosphorus: 40.18mg (4.02%), Selenium: 2.62µg (3.74%), Copper: 0.07mg (3.71%), Fiber: 0.83g (3.31%), Iron: 0.56mg (3.11%), Folate: 11.88µg (2.97%), Vitamin B1: 0.04mg (2.96%), Vitamin B2: 0.04mg (2.21%), Zinc: 0.31mg (2.07%), Potassium: 62.39mg (1.78%), Vitamin A: 84.61IU (1.69%), Vitamin B6: 0.03mg (1.55%), Vitamin B5: 0.12mg (1.19%)