

Cranberry Cream Cheese Bars

READY IN



45 min.

SERVINGS



15

CALORIES



436 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups flour
- 0.8 cup brown sugar packed
- 1 tablespoon brown sugar
- 1 cup butter softened
- 14 ounce condensed milk sweetened canned
- 2 tablespoons cornstarch
- 8 ounce cream cheese softened
- 0.3 cup juice of lemon
- 1.5 cups rolled oats

16 ounce roasted cranberry sauce whole canned

Equipment

- bowl
- oven
- mixing bowl
- baking pan

Directions

- Preheat oven to 350 degrees F. In large bowl, combine flour, oats, 3/4 cup brown sugar and butter; mix until crumbly. Reserving 1 1/2 cups crumb mixture, press remainder firmly on bottom of greased 13x9-inch baking pan.
- Bake 15 minutes.
- In small mixing bowl, beat cream cheese until fluffy. Gradually beat in sweetened condensed milk until smooth; stir in lemon juice.
- Spread evenly over prepared crust. In small bowl, combine remaining 1 tablespoon sugar and cornstarch; stir in cranberry sauce. Spoon evenly over cream cheese layer. Top with reserved crumb mixture.
- Bake 40 minutes or until golden. Cool. Chill.
- Cut into bars. Store covered in refrigerator.

Nutrition Facts



PROTEIN 5.64% **FAT 41.48%** **CARBS 52.88%**

Properties

Glycemic Index:13.53, Glycemic Load:20.08, Inflammation Score:-6, Nutrition Score:7.9682608311591%

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 Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.06mg, Naringenin: 0.06mg,

Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg
Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 0.74mg, Quercetin:
0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 435.94kcal (21.8%), Fat: 20.43g (31.44%), Saturated Fat: 7.15g (44.71%), Carbohydrates: 58.62g (19.54%),
Net Carbohydrates: 57g (20.73%), Sugar: 36.25g (40.28%), Cholesterol: 24.27mg (8.09%), Sodium: 229.56mg
(9.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.51%), Manganese: 0.44mg (21.9%), Selenium:
13.51µg (19.29%), Vitamin A: 827.97IU (16.56%), Vitamin B2: 0.25mg (14.84%), Phosphorus: 139.99mg (14%), Vitamin
B1: 0.2mg (13.5%), Calcium: 112.03mg (11.2%), Folate: 38.75µg (9.69%), Iron: 1.4mg (7.78%), Vitamin E: 0.97mg
(6.49%), Fiber: 1.62g (6.49%), Magnesium: 25.49mg (6.37%), Vitamin B3: 1.19mg (5.97%), Potassium: 200.05mg
(5.72%), Zinc: 0.75mg (5.01%), Vitamin B5: 0.48mg (4.82%), Copper: 0.08mg (3.85%), Vitamin C: 2.59mg (3.14%),
Vitamin B12: 0.16µg (2.75%), Vitamin B6: 0.05mg (2.49%), Vitamin K: 1.11µg (1.06%)