



## Cranberry Crumb Bars

 Vegetarian

READY IN



240 min.

SERVINGS



24

CALORIES



209 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2.5 cups flour all-purpose
- ☐ 1 cup sugar
- ☐ 0.5 cup slivered almonds
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon salt
- ☐ 1 cup butter cold
- ☐ 1 eggs
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 4 cups cranberries fresh
- ☐ 1 cup sugar
- ☐ 4 orange juice
- ☐ 1 tablespoon cornstarch
- ☐ 1 teaspoon vanilla

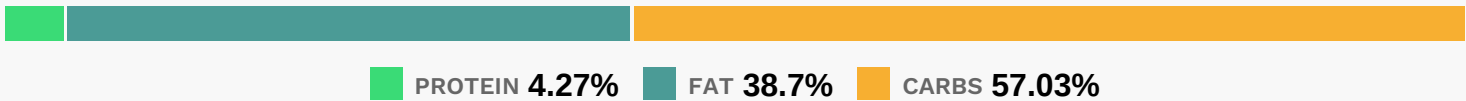
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender

## Directions

- ☐ Heat oven to 375°F. Grease 13x9-inch pan with butter or cooking spray.
- ☐ In large bowl, mix flour, 1 cup sugar, the almonds, baking powder and salt.
- ☐ Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like coarse crumbs. Stir in egg. Press 2 1/2 cups of crumb mixture in bottom of pan. Stir cinnamon into remaining crumb mixture; set aside.
- ☐ In medium bowl, stir all filling ingredients. Spoon evenly over crust. Spoon reserved crumb mixture evenly over filling.
- ☐ Bake 45 to 55 minutes or until top is light golden brown. Cool completely. Refrigerate until chilled.
- ☐ Cut into 6 rows by 4 rows. Store tightly covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:19.55, Glycemic Load:20.05, Inflammation Score:-3, Nutrition Score:4.1708696529917%

## Flavonoids

Cyanidin: 7.79mg, Cyanidin: 7.79mg, Cyanidin: 7.79mg, Cyanidin: 7.79mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 209.08kcal (10.45%), Fat: 9.19g (14.14%), Saturated Fat: 5.03g (31.43%), Carbohydrates: 30.47g (10.16%), Net Carbohydrates: 29.2g (10.62%), Sugar: 18.35g (20.39%), Cholesterol: 27.16mg (9.05%), Sodium: 106.24mg (4.62%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Protein: 2.28g (4.56%), Manganese: 0.21mg (10.35%), Vitamin C: 7.33mg (8.89%), Vitamin B1: 0.12mg (7.94%), Selenium: 5.3µg (7.57%), Folate: 29.13µg (7.28%), Vitamin E: 1.05mg (6.98%), Vitamin B2: 0.11mg (6.54%), Vitamin A: 276.35IU (5.53%), Fiber: 1.27g (5.07%), Vitamin B3: 0.91mg (4.57%), Iron: 0.81mg (4.5%), Phosphorus: 38.04mg (3.8%), Copper: 0.06mg (2.93%), Magnesium: 11.54mg (2.88%), Calcium: 23.94mg (2.39%), Potassium: 69.28mg (1.98%), Vitamin B5: 0.17mg (1.74%), Vitamin K: 1.56µg (1.48%), Zinc: 0.22mg (1.44%), Vitamin B6: 0.03mg (1.29%)