



## Cranberry Crumb Bars

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2.5 cups flour
- 0.5 cup almond flour
- 1 teaspoon double-acting baking powder
- 1 cup butter cold (2 sticks)
- 0.3 teaspoon cinnamon
- 1 tablespoon cornstarch
- 4 cups cranberries fresh
- 1 eggs

- 0.5 orange juice
- 0.3 teaspoon salt
- 1 teaspoon vanilla
- 0.7 cup granulated sugar white

## Equipment

- food processor
- bowl
- frying pan
- oven
- pastry cutter

## Directions

- Preheat the oven to 375 degrees F. Butter a 9 1/2 inch pan. In a medium bowl, mix together 1 cup sugar, flour, almond flour, salt and baking powder. Use a fork or pastry cutter to blend in the butter and egg. The dough will be crumbly. Alternatively, you can pulse the dry ingredients in a food processor with the butter until pebbly, and then mix in the egg until it all comes together. Pat half of the dough into the buttered pan. In another bowl, stir together the sugar, cornstarch, vanilla, and orange juice.
- Mix in the cranberries.
- Sprinkle the cranberry mixture evenly over the dough in the pan.
- Add 1/4 tsp cinnamon to the remaining dough, then crumble dough over the berries.
- Bake for 45–55 minutes, or until top is a light golden brown. Cool completely and chill in the refrigerator before cutting into squares. Store in an airtight container in the refrigerator. Just toss almonds in a food processor until finely ground to make almond meal.

## Nutrition Facts



**PROTEIN 5.41%** **FAT 49.87%** **CARBS 44.72%**

## Properties

Glycemic Index:16.21, Glycemic Load:11.81, Inflammation Score:-3, Nutrition Score:3.1486956521739%

## Flavonoids

Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg 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: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

## Taste

Sweetness: 75.49%, Saltiness: 9.45%, Sourness: 4.87%, Bitterness: 2.25%, Savoriness: 5.13%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 162.52kcal (8.13%), Fat: 9.17g (14.11%), Saturated Fat: 5.02g (31.39%), Carbohydrates: 18.5g (6.17%), Net Carbohydrates: 17.29g (6.29%), Sugar: 6.51g (7.24%), Cholesterol: 27.16mg (9.05%), Sodium: 106.02mg (4.61%), Protein: 2.24g (4.48%), Manganese: 0.15mg (7.7%), Selenium: 5.13µg (7.33%), Vitamin B1: 0.11mg (7.1%), Folate: 25.52µg (6.38%), Vitamin A: 258.83IU (5.18%), Fiber: 1.22g (4.86%), Vitamin B2: 0.08mg (4.76%), Iron: 0.79mg (4.4%), Vitamin B3: 0.8mg (3.98%), Vitamin C: 2.96mg (3.59%), Vitamin E: 0.47mg (3.12%), Phosphorus: 25.73mg (2.57%), Calcium: 21.72mg (2.17%), Copper: 0.03mg (1.54%), Vitamin K: 1.55µg (1.47%), Vitamin B5: 0.15mg (1.47%), Magnesium: 4.5mg (1.12%)