

Cranberry Crumb Bars

READY IN



70 min.

SERVINGS



15

CALORIES



277 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons brown sugar
- 0.3 cup butter cubed
- 0.3 cup powdered sugar
- 2 tablespoons cornstarch
- 8 ounces cream cheese softened
- 0.3 cup flour all-purpose
- 0.3 cup juice of lemon
- 14 ounces condensed milk sweetened canned
- 0.8 cup walnut pieces finely chopped

14 ounces roasted cranberry sauce canned

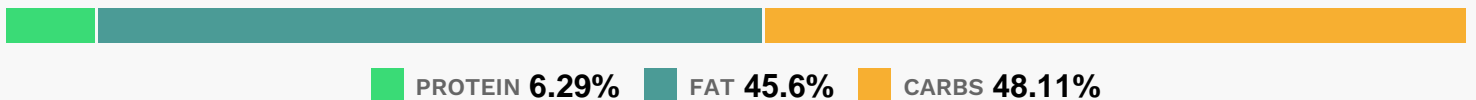
Equipment

- bowl
- oven
- wire rack
- baking pan

Directions

- In a small bowl, combine flour and confectioners' sugar; cut in the butter until crumbly. Press into a greased 13-in. x 9-in. baking dish.
- Bake at 350° for 15–20 minutes or until edges are lightly browned.
- In a large bowl, beat cream cheese until smooth.
- Add milk and lemon juice.
- Pour over crust. In a small bowl, combine the cornstarch and brown sugar. Stir in the cranberry sauce until combined. Spoon over cream cheese layer. For topping, combine the flour and brown sugar in a bowl; cut in butter. Fold in walnuts.
- Sprinkle over filling.
- Bake at 325° for 40–45 minutes or until topping is golden brown. Cool on a wire rack. Cover and refrigerate for 3 hours before cutting.

Nutrition Facts



Properties

Glycemic Index:15.53, Glycemic Load:10.62, Inflammation Score:-3, Nutrition Score:4.9108696074589%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg 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

Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg
Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 0.65mg, Quercetin:
0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 276.83kcal (13.84%), Fat: 14.46g (22.25%), Saturated Fat: 6.82g (42.61%), Carbohydrates: 34.33g (11.44%),
Net Carbohydrates: 33.55g (12.2%), Sugar: 27.8g (30.89%), Cholesterol: 32.4mg (10.8%), Sodium: 107.54mg
(4.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.98%), Manganese: 0.24mg (12%), Phosphorus:
108.86mg (10.89%), Vitamin B2: 0.18mg (10.31%), Calcium: 99.28mg (9.93%), Selenium: 6.66µg (9.51%), Vitamin A:
380.78IU (7.62%), Copper: 0.11mg (5.64%), Vitamin B1: 0.07mg (4.95%), Magnesium: 19.12mg (4.78%), Potassium:
161.61mg (4.62%), Folate: 16.3µg (4.07%), Vitamin E: 0.55mg (3.7%), Zinc: 0.54mg (3.6%), Vitamin B5: 0.34mg
(3.42%), Vitamin C: 2.6mg (3.15%), Fiber: 0.78g (3.12%), Vitamin B6: 0.06mg (3.05%), Iron: 0.5mg (2.76%), Vitamin
B12: 0.16µg (2.6%), Vitamin B3: 0.33mg (1.66%), Vitamin K: 1.28µg (1.22%)