



## Cranberry-Macadamia Bars

 Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 17.5 oz sugar cookie mix
- ☐ 0.3 cup butter melted
- ☐ 1 eggs
- ☐ 0.3 cup butter
- ☐ 0.3 cup brown sugar packed
- ☐ 1 cup cranberries dried sweetened
- ☐ 1 cup macadamia nuts coarsely chopped
- ☐ 0.5 cup peppermint candies white

☐ 1 teaspoon cooking oil

Equipment

☐ frying pan

☐ oven

☐ ziploc bags

☐ microwave

Directions

☐ Blend cookie mix, 1/3 cup butter and egg until soft dough forms. Press dough in bottom of greased 9-inch square pan.

☐ Bake at 350°F 15 minutes.

☐ Heat 1/3 cup butter, brown sugar and cranberries over medium heat, stirring constantly, until mixture comes to a boil. Spoon and spread cranberry mixture evenly over partially baked cookie base.

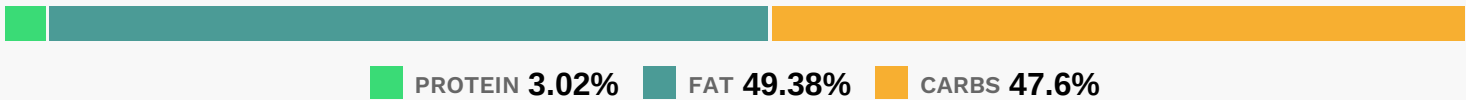
☐ Sprinkle with nuts.

☐ Bake 10 to 15 minutes or until light golden brown. Cool completely.

☐ In resealable freezer plastic bag, mix baking chips and oil; seal bag. Microwave on High 30 to 45 seconds, squeezing mixture in bag every 15 seconds until smooth.

☐ Cut 1/4-inch top from corner of bag; drizzle over bars.

Nutrition Facts



Properties

Glycemic Index:0.25, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.2456521712567%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 133.06kcal (6.65%), Fat: 7.51g (11.56%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 16.3g (5.43%), Net Carbohydrates: 15.85g (5.76%), Sugar: 11.13g (12.36%), Cholesterol: 4.09mg (1.36%), Sodium: 75.21mg (3.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.07%), Manganese: 0.15mg (7.38%), Vitamin B1: 0.05mg (3.25%), Vitamin A: 141.27IU (2.83%), Fiber: 0.45g (1.79%), Vitamin E: 0.23mg (1.52%), Copper: 0.03mg (1.43%), Magnesium: 4.85mg (1.21%), Iron: 0.21mg (1.16%), Calcium: 10.45mg (1.04%)