

Cranberry Nut Bars

 Vegetarian

READY IN



30 min.

SERVINGS



36

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 0.8 cup brown sugar packed
- 0.5 cup butter softened
- 1 cup cranberries fresh chopped
- 2 eggs
- 1.5 cups flour all-purpose
- 0.5 teaspoon salt
- 0.8 cup sugar

- 1 teaspoon vanilla extract
- 0.5 cup walnut pieces chopped

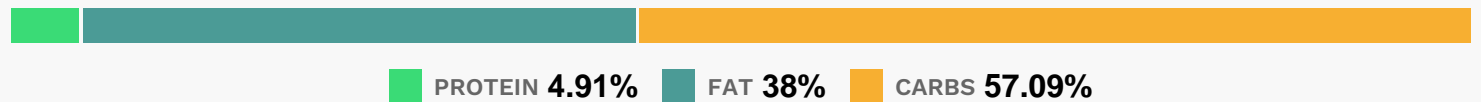
Equipment

- bowl
- oven
- wire rack
- baking pan

Directions

- In a large bowl, cream butter and sugars until light and fluffy.
- Add the eggs, one at a time, beating well after each addition. Beat in vanilla.
- Combine the flour, baking powder and salt; gradually add to creamed mixture and mix well. Stir in cranberries and walnuts.
- Spread into a greased 13-in. x 9-in. baking pan.
- Bake at 350° for 20–25 minutes or until golden brown. Cool on a wire rack.
- Cut into bars.

Nutrition Facts



Properties

Glycemic Index:9.78, Glycemic Load:5.94, Inflammation Score:-1, Nutrition Score:1.6386956624363%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.37mg, Peonidin: 1.37mg, Peonidin: 1.37mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate:

0.03mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.41mg, Quercetin:
0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 90.8kcal (4.54%), Fat: 3.92g (6.03%), Saturated Fat: 1.8g (11.28%), Carbohydrates: 13.24g (4.41%), Net
Carbohydrates: 12.89g (4.69%), Sugar: 8.8g (9.78%), Cholesterol: 15.87mg (5.29%), Sodium: 69.35mg (3.02%),
Alcohol: 0.04g (100%), Alcohol %: 0.2% (100%), Protein: 1.14g (2.28%), Manganese: 0.11mg (5.26%), Selenium: 2.71µg
(3.87%), Vitamin B1: 0.05mg (3.19%), Folate: 12.44µg (3.11%), Vitamin B2: 0.04mg (2.46%), Iron: 0.39mg (2.14%),
Phosphorus: 19.77mg (1.98%), Copper: 0.04mg (1.96%), Vitamin A: 93.98IU (1.88%), Vitamin B3: 0.34mg (1.69%),
Calcium: 15.13mg (1.51%), Fiber: 0.35g (1.4%), Magnesium: 4.69mg (1.17%)