



Cranberry Shortbread Bars with Almond Streusel

 Vegetarian

READY IN



150 min.

SERVINGS



32

CALORIES



60 kcal

DESSERT

Ingredients

- 2 ounces almonds sliced
- 8 ounces cranberries fresh
- 0.5 cup flour all-purpose
- 0.8 cup granulated sugar
- 0.3 cup brown sugar light packed
- 1 teaspoon orange zest packed finely grated (from 1 medium orange)
- 0.3 teaspoon salt fine

- 4 tablespoons butter unsalted cold cut into small pieces ()
- 0.3 cup water

Equipment

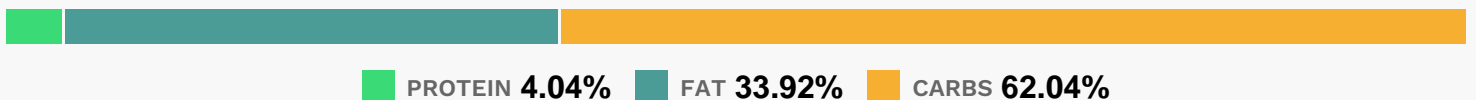
- food processor
- bowl
- frying pan
- sauce pan
- baking paper
- oven
- knife
- whisk
- wire rack
- baking pan
- measuring cup
- cutting board

Directions

- Heat the oven to 350°F and arrange a rack in the middle.
- Cut an 8-by-16-inch piece of parchment paper. Line an 8-by-8-inch baking pan with the piece of parchment so that the 2 long ends hang over the edges. Be sure to fit the parchment as smoothly as possible into the dish, snugly pressing it into the corners; set the pan aside.
- Place the measured flour, sugar, and salt in a food processor fitted with a blade attachment and pulse briefly to combine. Scatter the butter pieces over the flour mixture and pulse to break up the butter, about 10 (1-second) pulses. Process until large clumps of dough form, about 30 to 45 seconds.
- Transfer the dough to the prepared baking pan and, using the base of a measuring cup or a glass, press it evenly into the pan (dip the cup or glass in flour if it starts to stick to the dough). Prick the dough all over with a fork.
- Whisk the flour, sugars, and salt in a medium bowl until combined.

- Add the butter and, using your fingers, squeeze the flour mixture and butter together until they form large clumps and all of the flour is totally incorporated into the butter, about 5 minutes. (Make sure there are no dusty bits at the bottom of the bowl.)
- Place the cranberries, sugar, and water in a medium saucepan over medium-high heat and bring to a boil, stirring occasionally. Reduce the heat to medium low and simmer until the cranberries are starting to fall apart and the liquid has become thick and syrupy, about 8 minutes.
- Remove the pan from the heat and stir in the zest. To finish: When the shortbread is done, remove the pan to a wire rack. Reduce the oven temperature to 325°F.
- Pour the filling over the hot shortbread and spread it into an even layer. Evenly sprinkle the streusel over the top and gently press it into the filling.
- Bake until the filling is bubbling and the streusel is golden brown, about 25 to 30 minutes.
- Transfer the pan to a wire rack and let it cool for 30 minutes. To remove the slab and cut it into bars, run a paring knife along the 2 exposed edges of the pan. Grip the parchment hanging over the edges, pull the slab out of the pan, and transfer it to a cutting board.
- Let it cool completely, about 30 minutes more.
- Remove and discard the parchment.
- Cut the slab into 32 (2-by-1-inch) rectangles.

Nutrition Facts



Properties

Glycemic Index: 6.25, Glycemic Load: 4.63, Inflammation Score: -1, Nutrition Score: 1.1986956688697%

Flavonoids

Cyanidin: 3.33mg, Cyanidin: 3.33mg, Cyanidin: 3.33mg, Cyanidin: 3.33mg Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.48mg, Peonidin: 3.48mg, Peonidin: 3.48mg, Peonidin: 3.48mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 59.99kcal (3%), Fat: 2.35g (3.61%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 9.12g (3.32%), Sugar: 7.29g (8.1%), Cholesterol: 3.76mg (1.25%), Sodium: 19.34mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Manganese: 0.08mg (4.05%), Vitamin E: 0.59mg (3.93%), Fiber: 0.54g (2.14%), Vitamin B2: 0.03mg (1.93%), Magnesium: 5.91mg (1.48%), Copper: 0.03mg (1.35%), Vitamin B1: 0.02mg (1.33%), Vitamin C: 1.08mg (1.31%), Phosphorus: 11.94mg (1.19%), Selenium: 0.82µg (1.17%), Folate: 4.52µg (1.13%), Iron: 0.19mg (1.07%)