



Cranberry Squares

 Dairy Free

READY IN



55 min.

SERVINGS



15

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons double-acting baking powder
- 0.8 cup butter
- 1 eggs beaten
- 2 cups flour all-purpose
- 0.5 teaspoon salt
- 0.8 cup sugar white
- 2 cups cranberry sauce

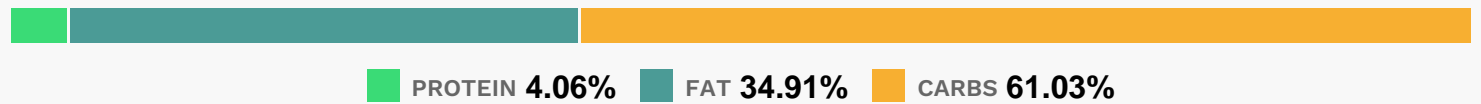
Equipment

- bowl
- frying pan
- oven

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- In a large bowl, stir together the sugar, flour, baking powder and salt.
- Cut in the butter or margarine until the lumps are no larger than peas. Stir in the egg just a little bit, but allow the mixture to stay somewhat crumbly.
- Sprinkle half of the mixture in an even layer in the bottom of a 9x13 inch pan. Pack down into a solid crust.
- Spread the cranberry sauce over the crust. Crumble the remaining mixture over the cranberry sauce.
- Bake for 40 minutes in the preheated oven, until the top is golden brown. Cool before slicing into bars.

Nutrition Facts



Properties

Glycemic Index:15.81, Glycemic Load:16.32, Inflammation Score:-4, Nutrition Score:3.7360869529455%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 244.61kcal (12.23%), Fat: 9.67g (14.87%), Saturated Fat: 2.02g (12.6%), Carbohydrates: 38.03g (12.68%), Net Carbohydrates: 37.17g (13.52%), Sugar: 21.91g (24.34%), Cholesterol: 10.91mg (3.64%), Sodium: 247.55mg (10.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.06%), Selenium: 6.76µg (9.66%), Vitamin B1: 0.14mg (9.25%), Vitamin A: 437.51IU (8.75%), Folate: 32.37µg (8.09%), Manganese: 0.14mg (6.88%), Vitamin B2:

0.11mg (6.45%), Iron: 1.04mg (5.79%), Vitamin B3: 1.03mg (5.13%), Vitamin E: 0.74mg (4.93%), Calcium: 40.15mg (4.02%), Phosphorus: 39.6mg (3.96%), Fiber: 0.86g (3.45%), Copper: 0.04mg (1.83%), Magnesium: 5.25mg (1.31%), Vitamin B5: 0.13mg (1.28%), Zinc: 0.17mg (1.11%), Potassium: 37.42mg (1.07%)