



Cranberry Turtle Bars



Vegetarian



Popular

READY IN



45 min.

SERVINGS



12

CALORIES



579 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup plus light
- ☐ 1.5 cups cranberries fresh coarsely chopped
- ☐ 2 ounces chocolate dark finely chopped
- ☐ 2 cups flour
- ☐ 1.7 cups granulated sugar
- ☐ 0.5 cup brown sugar light packed
- ☐ 3 cups pecans toasted coarsely chopped
- ☐ 0.5 teaspoon salt

- ☐ 1 cup butter unsalted (2 sticks)
- ☐ 1 teaspoon vanilla

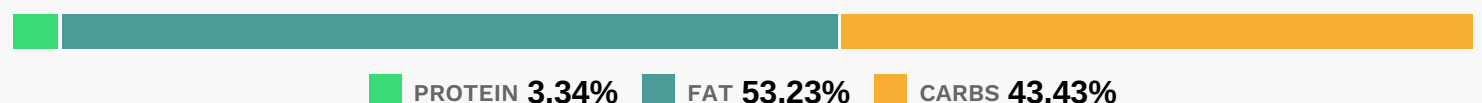
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ candy thermometer

Directions

- ☐ Place the flour, sugar and salt in a food processor and blend.
- ☐ Add the butter and process until it forms pea sized lumps.
- ☐ Sprinkle the mixture into a 10x15 inch baking pan that has been lined with foil and greased, and press the mixture down.
- ☐ Bake in a preheated 350F oven until golden brown, about 15-17 minutes then set aside to cool.Melt the butter in a large saucepan.
- ☐ Mix in the sugar, corn syrup and salt and bring to a boil.Simmer until the mixture turns a nice golden amber in colour and reaches 245F on a candy thermometer.
- ☐ Mix in the cranberries and return to 245F.
- ☐ Remove from heat and mix in the vanilla and pecans.Quickly spread the mixture over the shortbread and the let it cool completely.Melt the chocolate, place it in a small plastic bag, cut a small piece out of the corner and pipe the chocolate onto the bars.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:32.89, Inflammation Score:-5, Nutrition Score:11.182174045107%

Flavonoids

Cyanidin: 8.46mg, Cyanidin: 8.46mg, Cyanidin: 8.46mg, Cyanidin: 8.46mg Delphinidin: 2.76mg, Delphinidin: 2.76mg, Delphinidin: 2.76mg, Delphinidin: 2.76mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epigallocatechin: 1.49mg, Epigallocatechin: 1.49mg, Epigallocatechin: 1.49mg, Epigallocatechin: 1.49mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 579.34kcal (28.97%), Fat: 35.5g (54.62%), Saturated Fat: 12.44g (77.73%), Carbohydrates: 65.18g (21.73%), Net Carbohydrates: 61.27g (22.28%), Sugar: 44.83g (49.81%), Cholesterol: 40.81mg (13.6%), Sodium: 107.87mg (4.69%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Caffeine: 3.78mg (1.26%), Protein: 5.02g (10.04%), Manganese: 1.4mg (70.08%), Vitamin B1: 0.34mg (22.34%), Copper: 0.43mg (21.35%), Fiber: 3.9g (15.61%), Selenium: 8.85µg (12.65%), Iron: 2.27mg (12.6%), Magnesium: 47.37mg (11.84%), Phosphorus: 111.91mg (11.19%), Folate: 44.35µg (11.09%), Zinc: 1.49mg (9.93%), Vitamin A: 495.93IU (9.92%), Vitamin B2: 0.15mg (9.02%), Vitamin B3: 1.6mg (8.01%), Vitamin E: 0.99mg (6.6%), Potassium: 185.42mg (5.3%), Vitamin B5: 0.39mg (3.94%), Calcium: 38.35mg (3.83%), Vitamin B6: 0.07mg (3.72%), Vitamin K: 3.22µg (3.07%), Vitamin C: 2.02mg (2.45%), Vitamin D: 0.28µg (1.89%)