

Cranberry Walnut Bars

 Vegetarian

READY IN



40 min.

SERVINGS



18

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 cup brown sugar packed
- 0.3 cup butter softened
- 1 cup cranberries fresh chopped
- 1 eggs
- 1.3 cups flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon salt

- 0.5 cup sugar
- 1 teaspoon vanilla extract
- 0.5 cup walnut pieces chopped

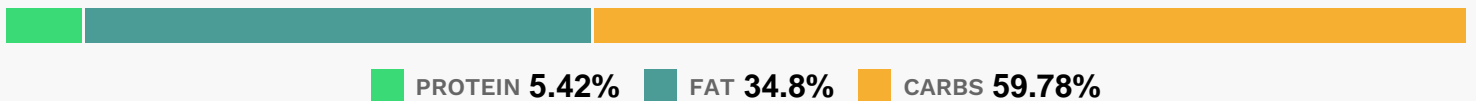
Equipment

- bowl
- oven
- wire rack
- baking pan
- toothpicks

Directions

- In a large bowl, cream butter and sugars until light and fluffy. Beat in egg and vanilla.
- Combine the flour, baking powder, salt and cinnamon; gradually add to creamed mixture. Fold in cranberries and walnuts.
- Spread into a greased 9-in. square baking pan.
- Bake at 350° for 30–35 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack.
- Cut into bars.

Nutrition Facts



Properties

Glycemic Index:19.84, Glycemic Load:8.98, Inflammation Score:-2, Nutrition Score:2.6665217733901%

Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 2.73mg, Peonidin: 2.73mg, Peonidin: 2.73mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg

Epigallocatechin: 0.04mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 126.95kcal (6.35%), Fat: 5.02g (7.72%), Saturated Fat: 1.91g (11.94%), Carbohydrates: 19.4g (6.47%), Net Carbohydrates: 18.73g (6.81%), Sugar: 11.86g (13.17%), Cholesterol: 15.87mg (5.29%), Sodium: 81.74mg (3.55%), Alcohol: 0.08g (100%), Alcohol %: 0.27% (100%), Protein: 1.76g (3.52%), Manganese: 0.2mg (10.02%), Selenium: 4µg (5.71%), Vitamin B1: 0.08mg (5.4%), Folate: 20.43µg (5.11%), Vitamin B2: 0.06mg (3.67%), Copper: 0.07mg (3.63%), Iron: 0.63mg (3.48%), Phosphorus: 31.97mg (3.2%), Vitamin B3: 0.57mg (2.83%), Fiber: 0.67g (2.67%), Calcium: 25.57mg (2.56%), Magnesium: 8.39mg (2.1%), Vitamin A: 96.05IU (1.92%), Vitamin B6: 0.03mg (1.56%), Zinc: 0.2mg (1.36%), Vitamin E: 0.2mg (1.34%), Vitamin B5: 0.12mg (1.22%), Potassium: 40.93mg (1.17%)