



Double-Cherry Streusel Bars

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups flour
- ☐ 0.3 teaspoon almond extract
- ☐ 3 ounces almonds sliced
- ☐ 1 cup smucker's cherry preserves red (such as Tropical or Smuckers; 11 ounces)
- ☐ 6 ounces cherries dried sweet ()
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon brandy (clear cherry brandy)
- ☐ 0.3 teaspoon salt

- ☐ 0.7 cup sugar
- ☐ 0.8 cup butter unsalted chilled cut into 1/2-inch cubes ()
- ☐ 1.8 teaspoons vanilla extract
- ☐ 3 tablespoons milk whole

Equipment

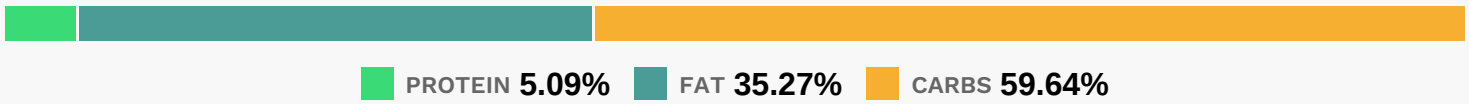
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Combine dried cherries, tart cherry preserves, and kirsch in processor; blend to chunky puree. (Filling can be made 1 day ahead.
- ☐ Transfer to bowl; cover and refrigerate.)
- ☐ Preheat oven to 375°F. Line 13x9x2-inch metal baking pan with heavy-duty foil, leaving overhang. Spray foil with nonstick spray.
- ☐ Combine flour, sugar, cinnamon, and salt in processor; blend 5 seconds.
- ☐ Add butter, vanilla extract, and almond extract. Blend, using on/off turns, until mixture resembles coarse meal.
- ☐ Add milk and blend, using on/off turns, until mixture comes together in small clumps.
- ☐ Transfer 1 cup (packed) mixture to medium bowl and reserve for streusel. Blend remaining mixture in processor until large moist clumps form. Gather dough together in large ball.
- ☐ Press dough over bottom of prepared baking pan; pierce all over with fork.
- ☐ Bake dough until golden, about 22 minutes; cool crust 15 minutes. Maintain oven temperature.
- ☐ Add sweetened coconut flakes and sliced almonds to reserved 1 cup dough.
- ☐ Mix dough with fork, breaking streusel topping into small clumps.
- ☐ Spread cherry filling over baked crust.
- ☐ Sprinkle streusel topping over.

- ☐
- Bake cookie until cherry filling is bubbling and streusel topping is golden brown, about 30 minutes. Cool cookie in pan on rack. Using foil overhang as aid, lift cookie from pan. Peel off foil and discard.
- ☐
- Cut cookie lengthwise into thirds, then cut crosswise into eighths, forming total of 24 bars. (Bars can be made 2 days ahead. Store bars in airtight container and refrigerate.)

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:14.98, Inflammation Score:-4, Nutrition Score:3.6121739149094%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 196.24kcal (9.81%), Fat: 7.71g (11.87%), Saturated Fat: 3.83g (23.94%), Carbohydrates: 29.35g (9.78%), Net Carbohydrates: 27.78g (10.1%), Sugar: 16.4g (18.23%), Cholesterol: 15.48mg (5.16%), Sodium: 31.72mg (1.38%), Alcohol: 0.32g (100%), Alcohol %: 0.81% (100%), Protein: 2.5g (5.01%), Vitamin A: 432.07IU (8.64%), Manganese: 0.17mg (8.32%), Vitamin E: 1.1mg (7.31%), Vitamin B2: 0.11mg (6.41%), Fiber: 1.57g (6.28%), Vitamin B1: 0.09mg (6.19%), Selenium: 4.1µg (5.86%), Folate: 22.4µg (5.6%), Iron: 0.81mg (4.49%), Vitamin B3: 0.76mg (3.78%), Phosphorus: 34.65mg (3.47%), Copper: 0.07mg (3.39%), Magnesium: 12.86mg (3.21%), Calcium: 24.84mg (2.48%), Potassium: 53.35mg (1.52%), Vitamin C: 1.25mg (1.51%), Zinc: 0.21mg (1.39%)