



Easy Berry Bars

 Dairy Free

READY IN



105 min.

SERVINGS



48

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 box cake mix yellow
- 1 cup butter softened
- 2 eggs
- 12 oz fluffy frosting white
- 4 cups strawberries fresh sliced (strawberries, raspberries and blueberries)

Equipment

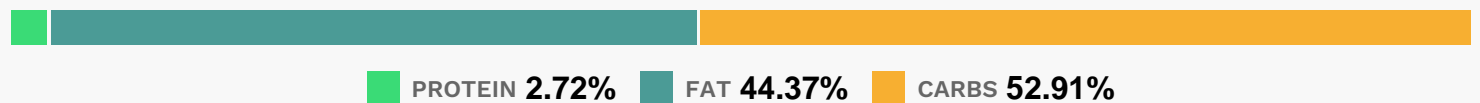
- bowl
- frying pan

- oven
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Spray 15x10x1-inch pan with baking spray with flour.
- In large bowl, beat cake mix, softened butter and eggs with electric mixer on medium speed about 1 minute or until well blended.
- Spread evenly in pan.
- Bake 19 to 24 minutes or until top is evenly golden brown and toothpick inserted in center comes out clean. Cool completely, about 1 hour.
- Spread frosting evenly over cooled bars. Top with berries up to 2 hours before serving. For 48 bars, cut into 8 rows by 6 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.73, Glycemic Load:2.34, Inflammation Score:-2, Nutrition Score:2.0256521902654%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 109.73kcal (5.49%), Fat: 5.46g (8.41%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 14.67g (4.89%), Net Carbohydrates: 14.3g (5.2%), Sugar: 9.73g (10.81%), Cholesterol: 6.82mg (2.27%), Sodium: 138.77mg (6.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.5%), Vitamin C: 7.07mg (8.56%), Phosphorus: 42.26mg (4.23%), Vitamin A: 180.5IU (3.61%), Vitamin B2: 0.06mg (3.47%), Manganese: 0.07mg (3.37%), Folate: 11.68µg (2.92%), Calcium: 27.3mg (2.73%), Vitamin E: 0.41mg (2.72%), Vitamin B1: 0.03mg (1.98%), Iron: 0.32mg (1.76%), Vitamin B3: 0.31mg (1.57%), Fiber: 0.37g (1.48%), Vitamin K: 1.5µg (1.43%), Selenium: 0.94µg (1.34%)