

Easy Berry Bars

 Dairy Free

READY IN



105 min.

SERVINGS



48

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

Equipment

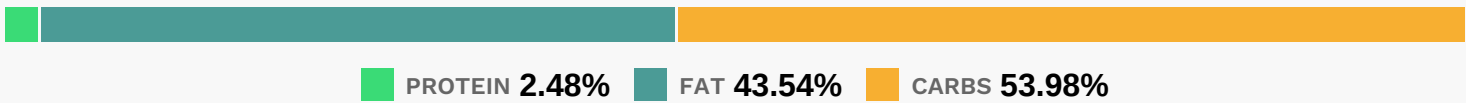
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350F (325F 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:3.08, Inflammation Score:-2, Nutrition Score:2.080434795955%

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: 120.33kcal (6.02%), Fat: 5.88g (9.04%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 16.39g (5.46%), Net Carbohydrates: 16.02g (5.83%), Sugar: 11.33g (12.59%), Cholesterol: 6.82mg (2.27%), Sodium: 143.44mg (6.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.5%), Vitamin C: 7.07mg (8.56%), Phosphorus: 42.72mg (4.27%), Vitamin B2: 0.07mg (3.92%), Vitamin A: 180.5IU (3.61%), Manganese: 0.07mg (3.37%), Vitamin E: 0.45mg (2.98%), Folate: 11.88µg (2.97%), Calcium: 27.38mg (2.74%), Vitamin B1: 0.03mg (2%), Iron: 0.32mg (1.78%), Vitamin K: 1.83µg (1.75%), Vitamin B3: 0.32mg (1.6%), Fiber: 0.37g (1.48%), Selenium: 0.94µg (1.35%)