



## Fruit and Nut Festive Bars

 Vegetarian

READY IN



105 min.

SERVINGS



45

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 tsp baking soda
- 6 Tbsp butter softened
- 4 oz philadelphia cream cheese softened ( )
- 3 eggs
- 0.8 cup baker's angel flake coconut
- 1 cup flour
- 7 oz fruit bits dried (apricots, plums, apples, raisins)
- 0.8 cup planters pecans chopped

- 0.5 cup sugar
- 14 oz condensed milk sweetened canned
- 1 tsp vanilla

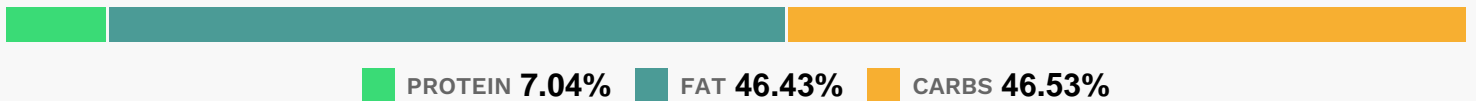
## Equipment

- bowl
- frying pan
- oven
- blender
- aluminum foil

## Directions

- Beat cream cheese, butter, sugar and vanilla in large bowl with mixer until blended.
- Add flour and baking soda; mix well. Refrigerate 1 hour or until chilled.
- Heat oven to 325F. Line 13x9-inch pan with foil, with ends of foil extending over sides. Spray with cooking spray.
- Roll out dough on lightly floured surface to 15x11-inch rectangle; press onto bottom and 1 inch up sides of prepared pan. Prick bottom of crust in several places with fork.
- Bake 10 min.
- Mix sweetened condensed milk and eggs until blended; pour into crust. Top with remaining ingredients.
- Bake 20 min. or until center is almost set.
- Remove from oven; cool completely. Use foil handles to remove dessert from pan before cutting into bars.

## Nutrition Facts



## Properties

Glycemic Index:7.2, Glycemic Load:6.8, Inflammation Score:-1, Nutrition Score:2.4973912886951%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

## Nutrients (% of daily need)

Calories: 105.57kcal (5.28%), Fat: 5.63g (8.66%), Saturated Fat: 2.98g (18.63%), Carbohydrates: 12.69g (4.23%), Net Carbohydrates: 11.79g (4.29%), Sugar: 9.42g (10.47%), Cholesterol: 20.53mg (6.84%), Sodium: 43.5mg (1.89%), Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Protein: 1.92g (3.84%), Manganese: 0.16mg (7.83%), Selenium: 3.75µg (5.35%), Vitamin B2: 0.08mg (4.59%), Phosphorus: 44.72mg (4.47%), Calcium: 38.71mg (3.87%), Fiber: 0.9g (3.59%), Vitamin B1: 0.05mg (3.14%), Copper: 0.05mg (2.59%), Potassium: 88.15mg (2.52%), Magnesium: 9.8mg (2.45%), Vitamin A: 121.91IU (2.44%), Folate: 8.6µg (2.15%), Iron: 0.38mg (2.11%), Zinc: 0.29mg (1.91%), Vitamin B5: 0.18mg (1.84%), Vitamin B6: 0.02mg (1.23%), Vitamin B12: 0.07µg (1.23%), Vitamin B3: 0.24mg (1.22%), Vitamin E: 0.16mg (1.05%)