



Fruit and Nut Squares

READY IN



90 min.

SERVINGS



48

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 9 oz nuts mixed salted canned ()
- ☐ 1 cup apricot dried quartered
- ☐ 0.5 cup cranberries dried sweetened
- ☐ 0.5 cup coconut flakes flaked
- ☐ 2 tablespoons flour all-purpose
- ☐ 14 oz condensed milk sweetened canned (not evaporated)

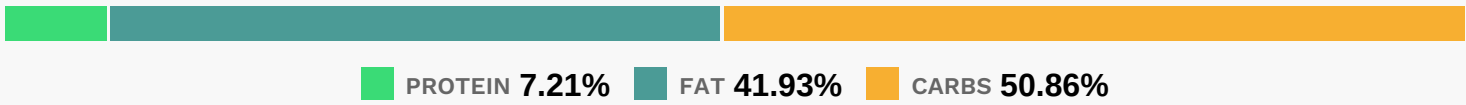
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Grease bottom and sides of 13x9-inch pan with shortening or cooking spray. In large bowl, mix 2 cups flour, the brown sugar and butter with fork until crumbly. Press firmly in bottom of pan.
- ☐ In same bowl, mix filling ingredients. Spoon onto crust; spread evenly.
- ☐ Bake 25 to 30 minutes or until lightly browned. Cool completely, about 45 minutes. For squares, cut into 8 rows by 6 rows.

Nutrition Facts



Properties

Glycemic Index:5.71, Glycemic Load:6.55, Inflammation Score:-2, Nutrition Score:3.0682608433392%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 124.54kcal (6.23%), Fat: 6.01g (9.25%), Saturated Fat: 1.73g (10.83%), Carbohydrates: 16.4g (5.47%), Net Carbohydrates: 15.37g (5.59%), Sugar: 10.28g (11.42%), Cholesterol: 2.81mg (0.94%), Sodium: 35.17mg (1.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.65%), Manganese: 0.18mg (8.87%), Phosphorus: 54.53mg (5.45%), Selenium: 3.37µg (4.81%), Copper: 0.1mg (4.8%), Vitamin B2: 0.08mg (4.5%), Magnesium: 17.42mg (4.35%), Vitamin B1: 0.06mg (4.18%), Fiber: 1.04g (4.15%), Vitamin A: 205.06IU (4.1%), Folate: 14.08µg (3.52%), Vitamin B3: 0.68mg (3.4%), Calcium: 33.43mg (3.34%), Iron: 0.6mg (3.33%), Potassium: 110.73mg (3.16%), Zinc: 0.35mg (2.33%), Vitamin B5: 0.18mg (1.81%), Vitamin E: 0.24mg (1.58%), Vitamin B6: 0.03mg (1.55%)