



Fruit Cocktail Squares

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



76 kcal

DESSERT

Ingredients

- 0.3 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.3 cup butter softened
- 1 tablespoon maraschino cherry juice
- 0.5 cup coconut or flaked
- 1 eggs
- 1.3 cups flour all-purpose
- 8 ounce fruit cocktail canned

- 0.3 cup maraschino cherries chopped
- 0.3 teaspoon salt
- 0.3 teaspoon vanilla extract
- 0.3 cup sugar white

Equipment

- bowl
- frying pan
- oven

Directions

- Drain the fruit cocktail and reserve 1/3 cup of the syrup.
- Add the 1 tablespoon maraschino cherry syrup to the reserved fruit cocktail syrup. Chop the drained fruit, and set it aside.
- Stir together in a bowl the flour, baking soda, baking powder, and salt.
- In a large bowl, cream together the butter or margarine and sugar. Beat in the egg and vanilla extract.
- Add the flour mixture, alternating with the syrups, to the creamed mixture.
- Mix well. Stir in the chopped fruit, the coconut and the cherries.
- Spread dough into a greased 9 inch square pan.
- Bake at 350 degrees F (175 degrees C) for 30 to 35 minutes. Cool.
- Sprinkle sifted confectioners' sugar over the top if desired.
- Cut into squares.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:6.27, Inflammation Score:-1, Nutrition Score:1.7121739251458%

Nutrients (% of daily need)

Calories: 76.27kcal (3.81%), Fat: 3.32g (5.11%), Saturated Fat: 2.3g (14.36%), Carbohydrates: 10.89g (3.63%), Net Carbohydrates: 10.23g (3.72%), Sugar: 5.45g (6.05%), Cholesterol: 11.9mg (3.97%), Sodium: 59.36mg (2.58%), Alcohol: 0.01g (100%), Alcohol %: 0.06% (100%), Protein: 1.09g (2.18%), Manganese: 0.11mg (5.4%), Selenium: 3.19µg (4.56%), Vitamin B1: 0.05mg (3.65%), Folate: 13.29µg (3.32%), Vitamin B2: 0.05mg (2.68%), Fiber: 0.66g (2.63%), Iron: 0.44mg (2.45%), Vitamin B3: 0.43mg (2.17%), Vitamin A: 90.03IU (1.8%), Copper: 0.04mg (1.8%), Phosphorus: 16.92mg (1.69%)