

Fruitcake Bars

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



178 kcal

Ingredients

- ☐ 4 ounces candied pineapple plain
- ☐ 30 servings grands flaky refrigerator biscuits
- ☐ 1 cup cranberries dried
- ☐ 1 tablespoon rum

Equipment

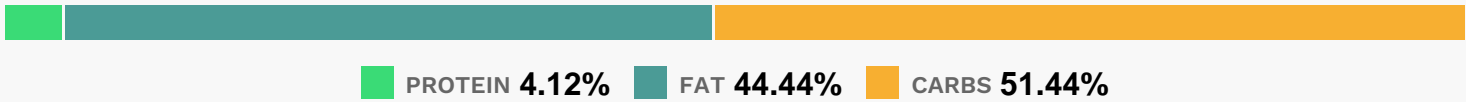
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

- ☐ baking pan
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Make the cookie base recipe, adding the cranberries, pecans, and rum.
- ☐ Spread the batter in a buttered or parchment-lined 9-inch square baking pan.
- ☐ Bake for 35 minutes.
- ☐ Transfer pan to a wire rack. Cool for 10 minutes before slicing.
- ☐ Bake Later: When you mix a batch of cookies, double the recipe.
- ☐ Bake half the dough according to the recipe and divide the rest into 4 equal portions.
- ☐ Roll each portion into a log about 1 1/2 inches in diameter. Wrap each log in plastic, then place in a resealable plastic bag. To save yourself time and hassle, label the bag with the flavor, the oven temperature, and the baking time, adding 3 to 6 minutes to the regular oven time. Freeze the dough for up to 3 months. To bake, slice the frozen dough into rounds about 1/2 inch thick, making as few or as many as you would like.
- ☐ Bake on a parchment- or foil-lined baking sheet.

Nutrition Facts



Properties

Glycemic Index:2.63, Glycemic Load:11.2, Inflammation Score:-1, Nutrition Score:2.4799999922676%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 177.59kcal (8.88%), Fat: 8.75g (13.47%), Saturated Fat: 2.27g (14.2%), Carbohydrates: 22.79g (7.6%), Net Carbohydrates: 22g (8%), Sugar: 10.14g (11.27%), Cholesterol: 0mg (0%), Sodium: 115.94mg (5.04%), Alcohol: 0.17g (100%), Alcohol %: 0.58% (100%), Protein: 1.83g (3.65%), Vitamin B1: 0.1mg (6.63%), Manganese: 0.13mg (6.53%), Folate: 22.68µg (5.67%), Vitamin B2: 0.09mg (5.24%), Iron: 0.93mg (5.14%), Vitamin E: 0.77mg (5.12%), Vitamin B3: 0.94mg (4.7%), Vitamin K: 3.39µg (3.23%), Fiber: 0.79g (3.16%), Selenium: 1.76µg (2.51%), Phosphorus: 18.82mg

(1.88%), Copper: 0.03mg (1.39%), Vitamin B6: 0.02mg (1.07%), Magnesium: 4.08mg (1.02%)