



Glazed Dried Fruit and Nut Bars

 Dairy Free

READY IN



70 min.

SERVINGS



32

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup almonds whole
- 0.5 cup butter softened
- 0.8 cup cashew pieces
- 0.5 cup dates pitted chopped
- 5 oz cherries dried (1 cup)
- 1 eggs slightly beaten
- 12 oz orange marmalade
- 2 teaspoons orange zest grated

- 1 pouch sugar cookie mix (1 lb 1.5 oz)
- 1 cup cranberries dried sweetened
- 0.5 teaspoon vanilla

Equipment

- bowl
- frying pan
- sauce pan
- oven

Directions

- Heat oven to 350F. In large bowl, stir cookie crust ingredients until well blended. Press dough in bottom of ungreased 13x9-inch pan.
- Bake 14 to 16 minutes or until golden brown. Cool 10 minutes.
- Meanwhile, in 2-quart saucepan, heat orange marmalade to boiling over medium-high heat, stirring constantly. Boil 3 to 4 minutes, stirring frequently, until slightly thickened. Stir in remaining filling ingredients until well mixed.
- Spread evenly over cookie crust.
- Bake about 15 minutes longer or until edges are golden brown and filling is set. Cool completely, about 30 minutes. For bars, cut into 8 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:2.72, Glycemic Load:1.03, Inflammation Score:-3, Nutrition Score:2.5026087113049%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg,

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Nutrients (% of daily need)

Calories: 176.71kcal (8.84%), Fat: 6.31g (9.71%), Saturated Fat: 0.96g (6%), Carbohydrates: 29.34g (9.78%), Net Carbohydrates: 28.07g (10.21%), Sugar: 20.36g (22.62%), Cholesterol: 5.11mg (1.7%), Sodium: 86.97mg (3.78%), Alcohol: 0.02g (100%), Alcohol %: 0.06% (100%), Protein: 2.19g (4.38%), Manganese: 0.12mg (5.99%), Vitamin A: 298.92IU (5.98%), Vitamin E: 0.81mg (5.41%), Copper: 0.11mg (5.36%), Fiber: 1.27g (5.07%), Magnesium: 16.52mg (4.13%), Phosphorus: 34.4mg (3.44%), Iron: 0.49mg (2.73%), Vitamin B2: 0.05mg (2.68%), Vitamin B1: 0.03mg (2%), Zinc: 0.28mg (1.85%), Calcium: 18.43mg (1.84%), Selenium: 1.27µg (1.82%), Potassium: 60.93mg (1.74%), Folate: 6.33µg (1.58%), Vitamin K: 1.38µg (1.32%), Vitamin B6: 0.03mg (1.29%), Vitamin B3: 0.23mg (1.17%)