



## Merry Cherry Bars

READY IN



45 min.

SERVINGS



36

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1 cup butter softened
- ☐ 0.8 cup candied cherries green red chopped
- ☐ 0.5 cup candy coated milk chocolates crushed
- ☐ 1 cup confectioners' sugar sifted
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 5 teaspoons warm water

☐ 1 cup sugar white

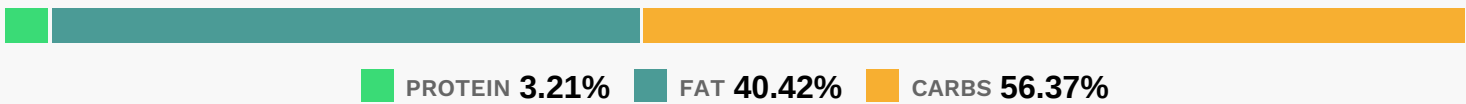
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 300 degrees F (150 degrees C).
- ☐ In a large bowl, cream together butter and sugar until light and fluffy. Beat in the egg and almond extract.
- ☐ Combine the flour and salt; stir into the creamed mixture until well blended.
- ☐ Mix in 1/2 cup of the cherries. Press the dough into an ungreased 9x13 inch baking pan.
- ☐ Sprinkle with remaining cherries and crushed candies. Press in lightly.
- ☐ Bake for 30 to 35 minutes in the preheated oven, or until edges are lightly browned. Cool completely in the pan before icing. To make the icing, mix together the confectioners' sugar and water until a drizzling consistency is reached.

Nutrition Facts



Properties

Glycemic Index:5.42, Glycemic Load:7.71, Inflammation Score:-1, Nutrition Score:1.3673913188927%

Nutrients (% of daily need)

Calories: 132.23kcal (6.61%), Fat: 6g (9.23%), Saturated Fat: 3.71g (23.17%), Carbohydrates: 18.83g (6.28%), Net Carbohydrates: 18.53g (6.74%), Sugar: 12.29g (13.66%), Cholesterol: 18.54mg (6.18%), Sodium: 60.69mg (2.64%), Alcohol: 0.02g (100%), Alcohol %: 0.08% (100%), Protein: 1.07g (2.15%), Selenium: 2.85µg (4.07%), Vitamin B1: 0.06mg (3.69%), Vitamin A: 170.65IU (3.41%), Folate: 13.47µg (3.37%), Vitamin B2: 0.04mg (2.58%), Manganese: 0.05mg (2.41%), Iron: 0.39mg (2.14%), Vitamin B3: 0.41mg (2.07%), Fiber: 0.3g (1.19%), Phosphorus: 11.44mg (1.14%), Vitamin E: 0.16mg (1.09%)