



Mixed Berry Snack Bars

 Vegetarian

READY IN



120 min.

SERVINGS



30

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 stick butter unsalted plus more for the pan
- ☐ 1 cup cranberries dried
- ☐ 1 large egg yolk (large)
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 1 cup raspberry jam seedless

☐ 0.5 cup sugar

Equipment

☐ bowl

☐ baking sheet

☐ oven

☐ knife

☐ baking pan

☐ hand mixer

☐ microwave

Directions

☐ In a bowl, using an electric mixer, beat the 1 stick plus 2 tablespoons of butter with the sugar and egg yolk until smooth.

☐ Add the flour, baking powder and salt and beat at low speed until evenly moistened, about 2 minutes. Using your hands, knead once or twice to bring the dough together.

☐ Butter a 9-inch square metal baking pan. Pat three-fourths of the dough into the baking pan in an even layer.

☐ Roll the remaining dough into 36 small balls.

☐ Roll the balls in sugar, transfer to a wax paperlined baking sheet and press the balls to 1/4-inch-thick rounds with the bottom of a glass. Refrigerate the crust and rounds for 10 minutes. Preheat the oven to 35

☐ In a microwave-safe bowl, cover the cranberries with water and microwave at high power for 1 minute, just until plump.

☐ Drain, pressing out the water; let cool slightly. Return the cranberries to the bowl and stir in the preserves and lemon zest.

☐ Spread the berry filling over the dough in the baking pan and arrange the rounds on top.

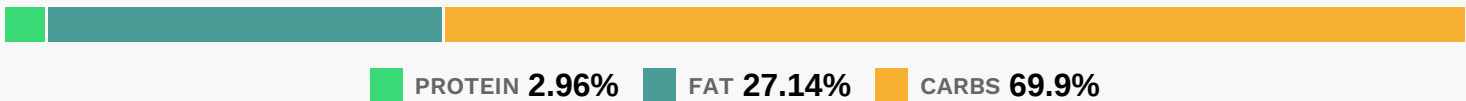
☐ Bake in the lower third of the oven for 40 to 45 minutes, or until the top is golden.

☐ Let the square cool completely.

☐ Run the tip of a knife around the edge of the baking pan.

☐ Cut the square into 18 bars and serve.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:10.02, Inflammation Score:-1, Nutrition Score:1.496956533064%

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: 108.42kcal (5.42%), Fat: 3.33g (5.12%), Saturated Fat: 2g (12.53%), Carbohydrates: 19.29g (6.43%), Net Carbohydrates: 18.78g (6.83%), Sugar: 11.78g (13.09%), Cholesterol: 14.22mg (4.74%), Sodium: 74.31mg (3.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.63%), Selenium: 2.75µg (3.92%), Vitamin B1: 0.05mg (3.51%), Folate: 13.63µg (3.41%), Manganese: 0.06mg (2.92%), Vitamin B2: 0.05mg (2.68%), Iron: 0.39mg (2.15%), Vitamin A: 102.32IU (2.05%), Fiber: 0.51g (2.04%), Vitamin B3: 0.4mg (1.99%), Phosphorus: 13.81mg (1.38%), Vitamin E: 0.2mg (1.36%), Vitamin C: 1.05mg (1.27%), Copper: 0.02mg (1.18%)