



Pistachio, Cranberry and Ginger Cookie Bars

READY IN



75 min.

SERVINGS



24

CALORIES



134 kcal

DESSERT

Ingredients

- ☐ 17.5 oz sugar cookie mix
- ☐ 0.5 cup butter softened
- ☐ 1 eggs
- ☐ 0.3 cup pistachios shelled chopped
- ☐ 0.3 cup cranberries dried sweetened chopped
- ☐ 0.3 cup candied ginger chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon sugar

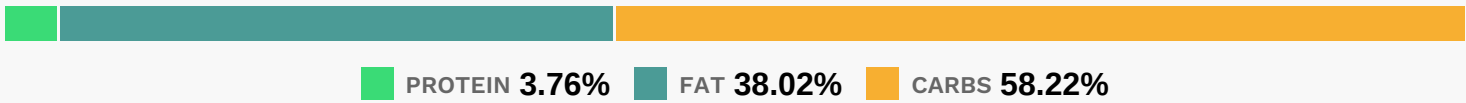
Equipment

- ☐ bowl
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375°F (350°F for dark or nonstick pans).
- ☐ In medium bowl, stir together cookie mix, butter and egg until soft dough forms. Press dough in bottom of ungreased 13x9-inch (3-quart) glass baking dish.
- ☐ In small bowl, stir together pistachios, cranberries, ginger, cinnamon and sugar.
- ☐ Sprinkle over dough.
- ☐ Bake 10 to 15 minutes or until golden brown. Cool completely, about 45 minutes. For bars, cut into 6 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:5.96, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:0.82913043382375%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 134.22kcal (6.71%), Fat: 5.72g (8.8%), Saturated Fat: 2.56g (16%), Carbohydrates: 19.72g (6.57%), Net Carbohydrates: 19.51g (7.09%), Sugar: 11.89g (13.21%), Cholesterol: 16.99mg (5.66%), Sodium: 92.37mg (4.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Vitamin A: 133.46IU (2.67%), Vitamin B1: 0.02mg (1.65%), Vitamin B6: 0.03mg (1.28%), Vitamin E: 0.19mg (1.24%), Folate: 4.97µg (1.24%), Manganese: 0.02mg (1.14%),

Vitamin B2: 0.02mg (1.14%), Phosphorus: 11.16mg (1.12%), Selenium: 0.71µg (1.01%)