



Walnut Cherry Delights

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



294 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1.5 cups brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 2 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup maraschino cherries
- ☐ 1 cup walnuts chopped
- ☐ 0.3 cup sugar white

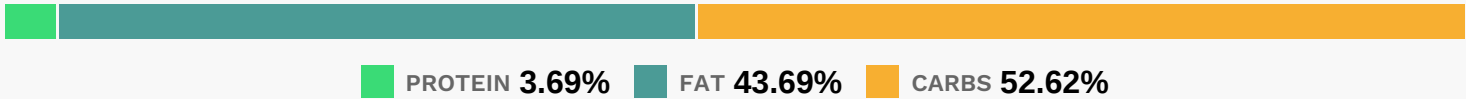
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350 degrees F (180 degrees C). Grease a 9 inch square pan.
- ☐ Mix 1 cup flour, white sugar and butter by hand. Pat into pan.
- ☐ Bake for 8 – 10 minutes.
- ☐ With a whisk, beat 2 eggs.
- ☐ Whisk in brown sugar, then add 1/4 cup flour and baking powder. Stir in nuts and cherries.
- ☐ Pour over baked crust.
- ☐ Bake for 20 – 25 minutes more.

Nutrition Facts



Properties

Glycemic Index:25.59, Glycemic Load:5.5, Inflammation Score:-2, Nutrition Score:4.1856521432814%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 293.79kcal (14.69%), Fat: 14.79g (22.75%), Saturated Fat: 5.7g (35.6%), Carbohydrates: 40.08g (13.36%), Net Carbohydrates: 39.04g (14.2%), Sugar: 36.34g (40.38%), Cholesterol: 47.62mg (15.87%), Sodium: 97.29mg (4.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.62%), Manganese: 0.37mg (18.59%), Copper: 0.19mg (9.57%), Selenium: 4.09µg (5.84%), Phosphorus: 58.38mg (5.84%), Vitamin A: 282.35IU (5.65%), Calcium: 54.32mg (5.43%), Magnesium: 19.96mg (4.99%), Folate: 18.33µg (4.58%), Iron: 0.79mg (4.41%), Fiber: 1.04g (4.16%), Vitamin B6: 0.08mg (3.9%), Vitamin B2: 0.07mg (3.84%), Vitamin B1: 0.06mg (3.81%), Zinc: 0.46mg (3.05%), Potassium: 96.96mg (2.77%), Vitamin E: 0.37mg (2.47%), Vitamin B5: 0.23mg (2.31%), Vitamin B3: 0.3mg (1.52%), Vitamin B12: 0.08µg (1.36%), Vitamin K: 1.1µg (1.05%)