



White Chocolate-Cranberry Bars

 Dairy Free

READY IN



95 min.

SERVINGS



24

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 box cake mix white
- ☐ 0.3 cup butter melted
- ☐ 2 Tbsp water
- ☐ 2 eggs
- ☐ 1.5 cups cranberries dried
- ☐ 6 oz peppermint candies white

Equipment

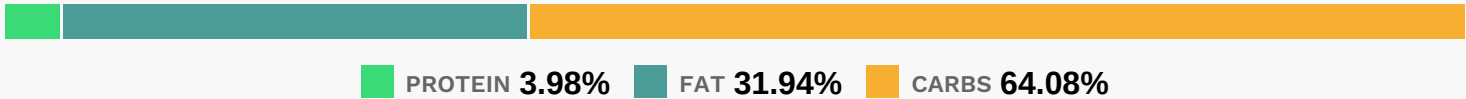
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom only and lightly flour 13x9-inch pan, or spray with baking spray with flour.
- ☐ In large bowl, mix cake mix, butter, water and eggs with spoon until dough forms (some dry mix will remain). Stir in cranberries and baking chips.
- ☐ Spread evenly in pan.
- ☐ Bake 22 to 26 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour. For bars, cut into 6 rows by 4 rows. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.4126087024646%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 169.86kcal (8.49%), Fat: 6.21g (9.56%), Saturated Fat: 3.17g (19.8%), Carbohydrates: 28.05g (9.35%), Net Carbohydrates: 27.41g (9.97%), Sugar: 18.6g (20.67%), Cholesterol: 13.64mg (4.55%), Sodium: 189.06mg (8.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.48%), Phosphorus: 81.19mg (8.12%), Calcium: 61.53mg (6.15%), Selenium: 3.02µg (4.32%), Folate: 16.83µg (4.21%), Vitamin B2: 0.07mg (3.93%), Vitamin B1: 0.05mg (3.3%), Manganese: 0.07mg (3.26%), Vitamin E: 0.48mg (3.22%), Iron: 0.51mg (2.85%), Vitamin B3: 0.56mg (2.79%), Vitamin A: 132.57IU (2.65%), Fiber: 0.64g (2.55%), Vitamin B5: 0.14mg (1.39%), Copper: 0.03mg (1.25%), Vitamin K: 1.17µg (1.11%), Zinc: 0.15mg (1.03%)