



White Chocolate Cranberry Layer Bars

READY IN



130 min.

SERVINGS



16

CALORIES



213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 cups buttered toast
- ☐ 0.3 cup butter melted
- ☐ 14 oz condensed milk sweetened canned (not evaporated)
- ☐ 0.5 cup peppermint candies white
- ☐ 0.5 cup cranberries dried
- ☐ 0.5 cup pecans chopped

Equipment

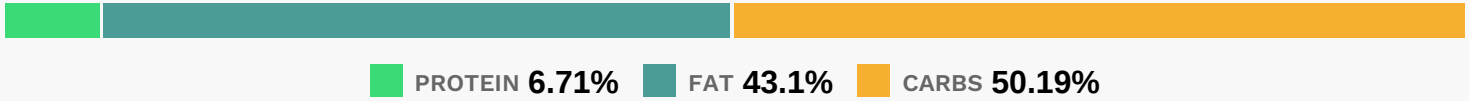
- ☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. Line 9-inch square pan with heavy-duty foil. Spray foil with cooking spray.
- ☐ In food processor or blender, place cereal. Cover; process until cereal is finely crushed. In medium bowl, mix crushed cereal with melted butter. Press in bottom of pan.
- ☐ Pour condensed milk over crumb mixture. Top evenly with white vanilla baking chips, dried cranberries and pecans.
- ☐ Bake 28 to 33 minutes or until top is golden brown. Cool completely, about 1 1/2 hours. For bars, cut into 4 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:7.56, Glycemic Load:8.25, Inflammation Score:-2, Nutrition Score:4.065217361502%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 213.37kcal (10.67%), Fat: 10.53g (16.21%), Saturated Fat: 5.65g (35.34%), Carbohydrates: 27.61g (9.2%), Net Carbohydrates: 26.8g (9.74%), Sugar: 21.11g (23.46%), Cholesterol: 16.17mg (5.39%), Sodium: 125.68mg (5.46%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.38%), Manganese: 0.21mg (10.61%), Selenium: 7.35µg (10.49%), Calcium: 98.5mg (9.85%), Vitamin B2: 0.15mg (8.69%), Phosphorus: 84.94mg (8.49%), Vitamin B1: 0.09mg (6.14%), Folate: 15.28µg (3.82%), Potassium: 123.44mg (3.53%), Magnesium: 13.72mg (3.43%), Fiber: 0.81g (3.24%), Vitamin A: 156.78IU (3.14%), Zinc: 0.47mg (3.14%), Copper: 0.06mg (3.13%), Iron: 0.52mg (2.91%), Vitamin B3: 0.56mg (2.78%), Vitamin B5: 0.26mg (2.59%), Vitamin B12: 0.12µg (1.96%), Vitamin E: 0.28mg (1.84%), Vitamin B6: 0.03mg (1.42%), Vitamin K: 1.19µg (1.13%)