

# Cherry Kuchen Bars

*Best Loved Desserts - 2013 Cookbook  
Better Homes and Gardens Magazine*

## Servings: 32

*1/2 cup butter, softened  
1/2 cup shortening  
1 3/4 cups sugar  
1 1/2 teaspoons baking powder  
1/2 teaspoon salt  
3 eggs  
1 teaspoon vanilla  
3 Cups all-purpose flour  
1 can (21 ounce) cherry pie filling  
POWDERED SUGAR ICING  
1 1/2 cups powdered sugar  
1/4 teaspoon almond extract or  
vanilla  
3 to 4 teaspoons milk*

## Preparation Time: 25 minutes

### Bake: 42 minutes

Make the Powdered Sugar Icing: In a small bowl, stir together the powdered sugar, almond extract and enough milk to make the icing a drizzling consistency. Set aside.

Preheat the oven to 350 degrees.

In a large mixing bowl, beat the butter and shortening with an electric mixer on medium for 30 seconds. Add the sugar, baking powder and salt. Beat until combined, scraping the bowl occasionally. Beat in the eggs and vanilla until combined. Beat in as much of the flour as you can with the mixer. Using a wooden spoon, stir in any remaining flour. Reserve 1-1/2 cups of the dough. Spread the remaining dough in the bottom of an ungreased 15x10x1-inch baking pan.

Bake for 12 minutes. Spread the pie filling over the crust in the pan. Spoon the reserved dough into small mounds on top of the pie filling.

Bake about 30 minutes more or until the top is light brown. Cool in the pan on a wire rack for 10 minutes. Drizzle with the Powdered Sugar Icing. Cool completely. Cut into bars to serve.

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Per Serving (excluding unknown items): 200 Calories; 7g Fat (33.1% calories from fat); 3g Protein; 31g Carbohydrate; trace Dietary Fiber; 31mg Cholesterol; 105mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat; 1 1/2 Other Carbohydrates.

## Per Serving Nutritional Analysis

Calories (kcal):	200	Vitamin B6 (mg):	trace
% Calories from Fat:	33.1%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	61.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	5.2%	Riboflavin B2 (mg):	.1mg
		Folacin (mcg):	22mcg

**Total Fat (g):** 7g  
**Saturated Fat (g):** 3g  
**Monounsaturated Fat (g):** 3g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 31mg  
**Carbohydrate (g):** 31g  
**Dietary Fiber (g):** trace  
**Protein (g):** 3g  
**Sodium (mg):** 105mg  
**Potassium (mg):** 71mg  
**Calcium (mg):** 47mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 192IU  
**Vitamin A (r.e.):** 45RE

**Niacin (mg):** 1mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** trace  
**% Refused:** n n%

### Food Exchanges

**Grain (Starch):** 1/2  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1 1/2  
**Other Carbohydrates:** 1 1/2

## Nutrition Facts

Servings per Recipe: 32

### Amount Per Serving

**Calories** 200 **Calories from Fat:** 66

### % Daily Values\*

<b>Total Fat</b> 7g	11%
Saturated Fat 3g	16%
<b>Cholesterol</b> 31mg	10%
<b>Sodium</b> 105mg	4%
<b>Total Carbohydrates</b> 31g	10%
Dietary Fiber trace	2%
<b>Protein</b> 3g	
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<b>Vitamin A</b>	4%
<b>Vitamin C</b>	1%
<b>Calcium</b>	5%
<b>Iron</b>	4%

\* Percent Daily Values are based on a 2000 calorie diet.