



Apricot-Cherry Bars With Oatmeal Crumble Topping

 Vegetarian

READY IN



45 min.

SERVINGS



50

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups almonds sliced
- ☐ 8 tablespoons butter
- ☐ 2 cups apricots dried coarsely chopped
- ☐ 2 cups cherries dried
- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup brown sugar light packed
- ☐ 1 cup old-fashioned oats

- ☐ 0.3 teaspoon salt
- ☐ 2 cups coconut or sweetened flaked
- ☐ 14 ounce condensed milk sweetened canned

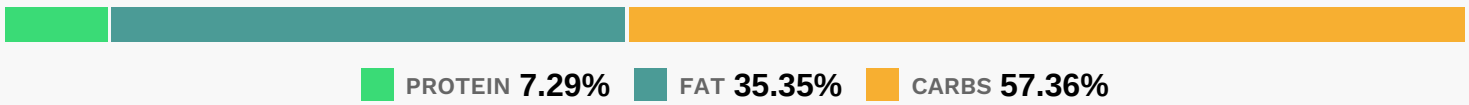
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Adjust oven rack to lower-middle position; heat oven to 325 degrees. Spray a 13-by-9-inch Pyrex baking pan with vegetable cooking spray. Set aside.
- ☐ In a medium bowl, mix flour, oats, brown sugar and salt. Stir in butter with a fork until well mixed and clumps have formed.
- ☐ Spread 1 1/2 packed cups of oat mixture over the bottom of the pan, pressing to form a thin crust.
- ☐ Mix coconut, almonds, cherries, apricots and milk in a large bowl.
- ☐ Pour over crust, using a rubber spatula to evenly distribute and press down.
- ☐ Sprinkle remaining oat mixture over dried fruit filling.
- ☐ Bake until lightly golden, about 30 minutes. Cool to room temperature. (You can cover and store at room temperature up to 2 days.)
- ☐ To serve, cut into generous 1 1/2-inch squares.

Nutrition Facts



Properties

Glycemic Index:5.39, Glycemic Load:5.38, Inflammation Score:-4, Nutrition Score:3.6821739071089%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 134.09kcal (6.7%), Fat: 5.45g (8.39%), Saturated Fat: 2.65g (16.55%), Carbohydrates: 19.91g (6.64%), Net Carbohydrates: 18.05g (6.56%), Sugar: 14.24g (15.82%), Cholesterol: 7.51mg (2.5%), Sodium: 48.21mg (2.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.06%), Manganese: 0.21mg (10.37%), Vitamin A: 436.74IU (8.73%), Vitamin E: 1.24mg (8.27%), Fiber: 1.86g (7.45%), Vitamin B2: 0.09mg (5.59%), Phosphorus: 54.89mg (5.49%), Selenium: 3.37µg (4.81%), Magnesium: 18.53mg (4.63%), Calcium: 44.54mg (4.45%), Potassium: 142.49mg (4.07%), Copper: 0.08mg (3.92%), Iron: 0.63mg (3.49%), Vitamin B1: 0.04mg (2.88%), Vitamin B3: 0.48mg (2.39%), Zinc: 0.31mg (2.09%), Folate: 8.31µg (2.08%), Vitamin B5: 0.14mg (1.44%), Vitamin B6: 0.02mg (1.08%)