



Apricot Oat Bars

 Vegetarian

READY IN



107 min.

SERVINGS



24

CALORIES



234 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 13 ounce apricot preserves
- ☐ 0.8 teaspoon baking soda
- ☐ 0.3 cup apricots dried chopped
- ☐ 1 eggs beaten at room temperature
- ☐ 1.8 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup brown sugar light packed
- ☐ 1.8 cups old-fashioned oats

- ☐ 0.8 teaspoon sea salt fine
- ☐ 1 cup butter unsalted melted 2 sticks
- ☐ 1 teaspoon vanilla extract pure
- ☐ 4 ounces walnuts coarsely chopped

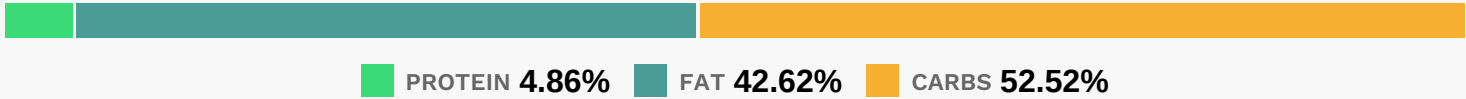
Equipment

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

Directions

- ☐ Watch how to make this recipe.
- ☐ Put an oven rack in the center of the oven. Preheat the oven to 350 degrees F. Spray a 9 by 13 by 2-inch metal baking dish with vegetable oil cooking spray. Line the bottom and sides of the pan with parchment paper. Spray the parchment paper with vegetable oil cooking spray and set aside.
- ☐ Filling: In a small bowl, mix together the jam and the apricots. Set aside.
- ☐ Crust: In a large bowl, whisk together the flour, sugar, cinnamon, salt and baking soda. Stir in the oats and walnuts.
- ☐ Add the butter, egg and vanilla and stir until incorporated.
- ☐ Using a fork or clean fingers, lightly press half of the crust mixture onto the bottom of the prepared pan. Using a spatula, spread the filling over the crust leaving a 1/2-inch border around the edge of the pan. Cover the filling with the remaining crust mixture and gently press to flatten.
- ☐ Bake until light golden, about 30 to 35 minutes. Cool for 1 hour.
- ☐ Cut into bars and store in an airtight container for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:7.22, Glycemic Load:6.79, Inflammation Score:-3, Nutrition Score:4.8113044163455%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 233.96kcal (11.7%), Fat: 11.44g (17.6%), Saturated Fat: 5.29g (33.05%), Carbohydrates: 31.72g (10.57%), Net Carbohydrates: 30.34g (11.03%), Sugar: 16.76g (18.62%), Cholesterol: 27.16mg (9.05%), Sodium: 120.06mg (5.22%), Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Protein: 2.93g (5.87%), Manganese: 0.47mg (23.52%), Selenium: 6.15µg (8.78%), Vitamin B1: 0.12mg (7.76%), Copper: 0.14mg (7.03%), Vitamin A: 344.01IU (6.88%), Folate: 24.78µg (6.19%), Phosphorus: 58.5mg (5.85%), Iron: 1.04mg (5.79%), Fiber: 1.38g (5.53%), Magnesium: 20.13mg (5.03%), Vitamin B2: 0.08mg (4.58%), Vitamin B3: 0.73mg (3.63%), Zinc: 0.48mg (3.19%), Potassium: 102.37mg (2.92%), Vitamin E: 0.4mg (2.68%), Calcium: 24.94mg (2.49%), Vitamin B6: 0.05mg (2.41%), Vitamin B5: 0.2mg (1.96%), Vitamin C: 1.43mg (1.74%), Vitamin D: 0.18µg (1.19%)