



Apricot-Oat Squares

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup apricot preserves
- ☐ 0.3 cup brown sugar packed
- ☐ 6 tablespoons butter chilled
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1.5 cups regular oats
- ☐ 0.5 cup flour whole-wheat

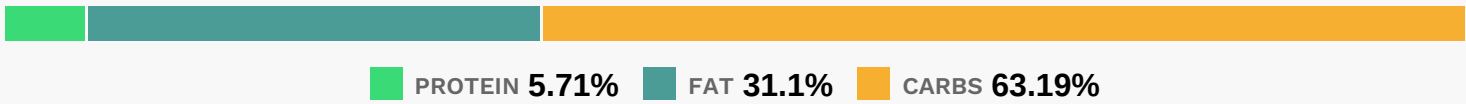
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flours into dry measuring cups, and level with a knife.
- ☐ Combine flours, oats, sugar, butter, and nutmeg in a food processor; pulse 5 times or until mixture resembles coarse meal.
- ☐ Press two-thirds of oat mixture into bottom of an 8-inch square baking pan coated with cooking spray.
- ☐ Bake at 350 for 10 minutes.
- ☐ Spread preserves over warm crust.
- ☐ Sprinkle with remaining oat mixture, and press gently.
- ☐ Bake for an additional 25 minutes or until lightly browned and bubbly. Cool completely in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:14.69, Glycemic Load:3.92, Inflammation Score:-2, Nutrition Score:3.5856522101423%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 137.84kcal (6.89%), Fat: 4.92g (7.57%), Saturated Fat: 2.81g (17.59%), Carbohydrates: 22.48g (7.49%), Net Carbohydrates: 21.17g (7.7%), Sugar: 9.37g (10.41%), Cholesterol: 11.29mg (3.76%), Sodium: 40.09mg (1.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.06%), Manganese: 0.46mg (23.17%), Selenium: 6.17µg (8.81%), Vitamin B1: 0.08mg (5.66%), Fiber: 1.31g (5.26%), Phosphorus: 50.61mg (5.06%), Magnesium: 17.5mg (4.38%), Iron: 0.73mg (4.05%), Copper: 0.06mg (3.21%), Vitamin A: 154.3IU (3.09%), Folate: 11.57µg (2.89%), Zinc: 0.41mg (2.77%), Vitamin B3: 0.51mg (2.57%), Vitamin B2: 0.04mg (2.44%), Potassium: 61.31mg (1.75%), Vitamin B6: 0.03mg (1.44%), Vitamin B5: 0.14mg (1.39%), Calcium: 13.15mg (1.32%), Vitamin E: 0.2mg (1.31%), Vitamin C: 0.98mg (1.18%)