



Blackberry-Almond Oatmeal Bars

 Vegetarian

READY IN



90 min.

SERVINGS



24

CALORIES



163 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1.5 cups flour all-purpose
- 1.5 cups rolled oats
- 1 cup brown sugar packed
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon salt
- 0.5 cup butter unsalted cold cut into pieces
- 0.5 cup almonds sliced
- 10 oz strawberry jam organic cascadian farm®

6 oz blackberries fresh

Equipment

bowl

oven

wire rack

baking pan

glass baking pan

Directions

Heat oven to 350°F. Grease 13x9-inch (3-quart) glass baking dish with butter or cooking spray.

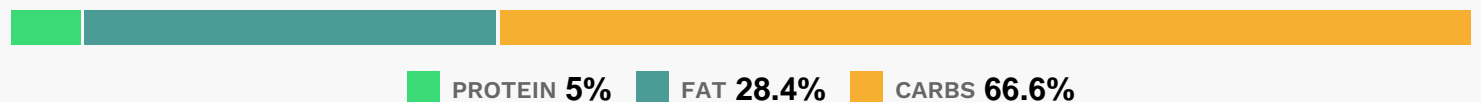
In large bowl, mix flour, oats, brown sugar, baking powder and salt. Work in butter pieces with fingers until mixture looks like coarse meal. Stir in almonds. Press half of the mixture in bottom of baking dish. Top with fruit spread and blackberries.

Sprinkle remaining oat mixture over top; pat down lightly.

Bake 32 to 35 minutes or until golden brown. Cool on cooling rack at least 45 minutes.

Cut into 6 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:10.02, Inflammation Score:-2, Nutrition Score:3.8695651849975%

Flavonoids

Cyanidin: 7.13mg, Cyanidin: 7.13mg, Cyanidin: 7.13mg, Cyanidin: 7.13mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 163.46kcal (8.17%), Fat: 5.24g (8.06%), Saturated Fat: 2.57g (16.08%), Carbohydrates: 27.67g (9.22%), Net Carbohydrates: 26.2g (9.53%), Sugar: 15.12g (16.8%), Cholesterol: 10.17mg (3.39%), Sodium: 73.53mg (3.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.15%), Manganese: 0.34mg (16.89%), Selenium: 4.61µg (6.59%), Vitamin B1: 0.09mg (6.14%), Fiber: 1.47g (5.87%), Folate: 20.07µg (5.02%), Vitamin E: 0.72mg (4.82%), Vitamin B2: 0.08mg (4.75%), Phosphorus: 47.39mg (4.74%), Iron: 0.84mg (4.64%), Magnesium: 16.74mg (4.19%), Copper: 0.08mg (3.97%), Vitamin B3: 0.65mg (3.25%), Calcium: 31.95mg (3.19%), Vitamin C: 2.53mg (3.06%), Vitamin A: 133.37IU (2.67%), Zinc: 0.35mg (2.34%), Potassium: 74.7mg (2.13%), Vitamin K: 1.86µg (1.77%), Vitamin B5: 0.14mg (1.39%)