



Blue Ridge Blackberry Lemon Bars

 Dairy Free

READY IN



45 min.

SERVINGS



25

CALORIES



237 kcal

DESSERT

Ingredients

- 2 cups pillsbury best® all purpose flour
- 12 ounce smucker's® blackberry jam seedless
- 1.5 teaspoons ground cinnamon
- 2 tablespoons juice of lemon fresh
- 1 teaspoon lemon zest grated
- 1.3 cups brown sugar light packed
- 1 cup butter chilled cut into small pieces)
- 0.3 teaspoon nutmeg grated

- 2 cups oats uncooked quick ()
- 0.5 teaspoon salt
- 1 cup walnuts lightly toasted chopped

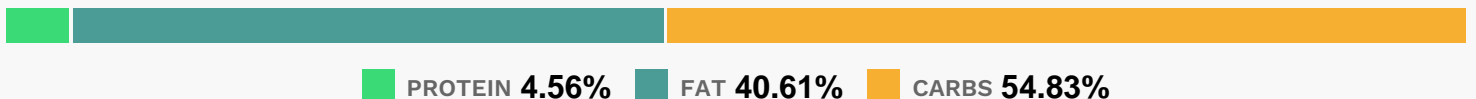
Equipment

- frying pan
- oven
- mixing bowl
- blender
- baking pan

Directions

- Heat oven to 325 degrees F. In a large mixing bowl toss together oats, flour, brown sugar, walnuts, cinnamon, nutmeg, lemon zest and salt until well blended.
- Sprinkle mixture with lemon juice, then with a pastry blender or two knives, cut in the butter pieces until mixture is crumbly.
- Spray a 9 x 13 inch baking pan with non-stick cooking spray.
- Reserve 2 cups of the oat mixture, then sprinkle remainder in pan, pressing with fingers to form a crust.
- Bake for about 10 minutes, or until set.
- Let cool slightly, then spread blackberry jam evenly over crust.
- Sprinkle evenly with reserved oat mixture, pressing down gently.
- Return to oven and bake for 15 to 20 minutes, or until crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:10.6, Glycemic Load:12.16, Inflammation Score:-4, Nutrition Score:4.7847825949607%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 237.21kcal (11.86%), Fat: 10.9g (16.77%), Saturated Fat: 1.9g (11.86%), Carbohydrates: 33.11g (11.04%), Net Carbohydrates: 31.65g (11.51%), Sugar: 17.52g (19.47%), Cholesterol: 0mg (0%), Sodium: 140.28mg (6.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.51%), Manganese: 0.5mg (24.89%), Vitamin B1: 0.13mg (8.52%), Selenium: 5.9µg (8.43%), Folate: 26.93µg (6.73%), Copper: 0.13mg (6.69%), Vitamin A: 326.21IU (6.52%), Phosphorus: 58.93mg (5.89%), Fiber: 1.47g (5.87%), Iron: 1.03mg (5.74%), Magnesium: 20.55mg (5.14%), Vitamin B2: 0.08mg (4.73%), Vitamin B3: 0.74mg (3.69%), Zinc: 0.47mg (3.1%), Calcium: 25.48mg (2.55%), Vitamin E: 0.37mg (2.46%), Potassium: 85.7mg (2.45%), Vitamin B6: 0.05mg (2.25%), Vitamin C: 1.85mg (2.24%), Vitamin B5: 0.17mg (1.7%)