



Blueberry Crumb Bars

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon flour
- ☐ 0.5 cup almonds sliced
- ☐ 15 ounces blueberries fresh frozen thaw (do not)
- ☐ 1 cup brown sugar packed ()
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 1 cup oats
- ☐ 10 ounces blueberries

- ☐ 0.5 teaspoon salt
- ☐ 1 cup butter unsalted chilled cut into 1/2-inch cubes (2 sticks)

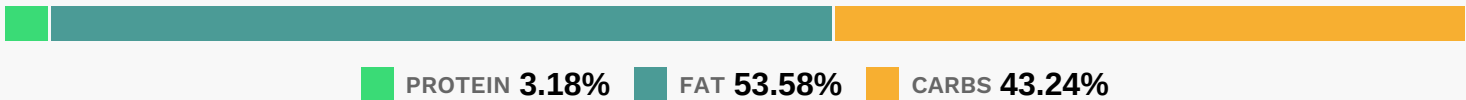
Equipment

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

Directions

- ☐ Preheat oven to 375°F. Butter bottom of 13x9x2-inch metal baking pan.
- ☐ Whisk flour, oats, sugar, salt, and cinnamon in large bowl.
- ☐ Add 1 cup butter; rub in with fingertips until mixture sticks together in small clumps.
- ☐ Transfer 2 cups to medium bowl; mix in almonds and reserve for topping.
- ☐ Press remaining crumb mixture evenly onto bottom of prepared pan.
- ☐ Bake crust until golden and just firm to touch, about 22 minutes. Cool 10 minutes.
- ☐ Mix all ingredients in medium bowl.
- ☐ Spread evenly over crust in pan, then sprinkle reserved topping over.
- ☐ Bake bars until filling bubbles thickly at edges and topping is golden brown, about 40 minutes; cool in pan on rack.
- ☐ Cut lengthwise into 4 strips, then cut each strip into 6 pieces, forming 24 bars.
- ☐ These bars are best enjoyed on the day they're baked. If you'd like to get a head start on the recipe, the crust and crumb topping can be made two days ahead. Cover separately and chill.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:2.4, Inflammation Score:-3, Nutrition Score:3.0091304558775%

Flavonoids

Cyanidin: 2.55mg, Cyanidin: 2.55mg, Cyanidin: 2.55mg, Cyanidin: 2.55mg Petunidin: 9.31mg, Petunidin: 9.31mg, Petunidin: 9.31mg, Petunidin: 9.31mg Delphinidin: 10.46mg, Delphinidin: 10.46mg, Delphinidin: 10.46mg, Delphinidin: 10.46mg Malvidin: 19.96mg, Malvidin: 19.96mg, Malvidin: 19.96mg, Malvidin: 19.96mg Peonidin: 5.99mg, Peonidin: 5.99mg, Peonidin: 5.99mg, Peonidin: 5.99mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 144.61kcal (7.23%), Fat: 8.95g (13.77%), Saturated Fat: 4.98g (31.11%), Carbohydrates: 16.25g (5.42%), Net Carbohydrates: 14.93g (5.43%), Sugar: 11.96g (13.29%), Cholesterol: 20.34mg (6.78%), Sodium: 52.59mg (2.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.39%), Manganese: 0.28mg (13.89%), Vitamin K: 6.44µg (6.13%), Vitamin E: 0.89mg (5.96%), Fiber: 1.32g (5.27%), Vitamin A: 252.43IU (5.05%), Vitamin C: 2.97mg (3.6%), Magnesium: 12.72mg (3.18%), Phosphorus: 29.61mg (2.96%), Copper: 0.06mg (2.81%), Vitamin B2: 0.04mg (2.59%), Vitamin B1: 0.03mg (2.23%), Iron: 0.38mg (2.12%), Selenium: 1.4µg (1.99%), Calcium: 18.96mg (1.9%), Potassium: 64.05mg (1.83%), Zinc: 0.24mg (1.63%), Vitamin B3: 0.26mg (1.32%), Vitamin B6: 0.03mg (1.29%), Folate: 4.66µg (1.16%), Vitamin B5: 0.11mg (1.08%)