



## Blueberry Pie Bars



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



115 min.

SERVINGS



8

CALORIES



365 kcal

DESSERT

### Ingredients

- ☐ 4 cups blueberries fresh
- ☐ 0.3 cup brown sugar packed
- ☐ 4 teaspoons cornstarch
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 juice of lemon
- ☐ 0.5 cup oats
- ☐ 16.5 oz sugar refrigerated pillsbury®

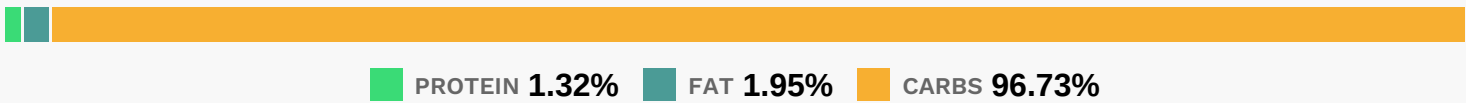
# Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

# Directions

- ☐ Heat oven to 375°F. Spray 9-inch square baking pan with cooking spray. Break up three-fourths of cookie dough into pan. With floured fingers, press dough evenly in bottom of pan to form crust.
- ☐ Bake 15 to 20 minutes or until golden brown.
- ☐ Meanwhile, in medium bowl, crumble remaining cookie dough.
- ☐ Add oats, brown sugar and cinnamon; toss. Set aside.
- ☐ In small bowl, stir together granulated sugar, cornstarch and lemon juice. Gently stir in blueberries.
- ☐ Sprinkle blueberry mixture evenly over crust. Crumble oat mixture over blueberry mixture.
- ☐ Bake 30 to 40 minutes or until topping is golden brown and filling is bubbly. Cool 1 hour before serving.
- ☐ Cut into squares.

# Nutrition Facts



# Properties

Glycemic Index:31.27, Glycemic Load:55.06, Inflammation Score:-3, Nutrition Score:4.3269565856975%

# Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg

Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg  
Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin:  
0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg,  
Naringenin: 0.05mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg,  
Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin:  
0.96mg, Myricetin: 0.96mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg  
Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 365.13kcal (18.26%), Fat: 0.83g (1.28%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 92.84g (30.95%),  
Net Carbohydrates: 90.53g (32.92%), Sugar: 85.04g (94.48%), Cholesterol: 0mg (0%), Sodium: 3.66mg (0.16%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Manganese: 0.49mg (24.28%), Vitamin K: 14.46µg  
(13.77%), Vitamin C: 8.63mg (10.46%), Fiber: 2.31g (9.22%), Magnesium: 19.03mg (4.76%), Vitamin B1: 0.06mg  
(3.71%), Copper: 0.07mg (3.52%), Selenium: 2.34µg (3.34%), Phosphorus: 32.83mg (3.28%), Vitamin E: 0.46mg  
(3.1%), Iron: 0.54mg (3%), Vitamin B2: 0.05mg (2.97%), Potassium: 89.85mg (2.57%), Vitamin B6: 0.05mg (2.41%),  
Zinc: 0.29mg (1.96%), Vitamin B3: 0.36mg (1.81%), Folate: 6.88µg (1.72%), Vitamin B5: 0.14mg (1.42%), Calcium:  
14.11mg (1.41%)