

Buttertart Squares

 Vegetarian

READY IN



55 min.

SERVINGS



10

CALORIES



281 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1.5 cups brown sugar packed
- 0.5 cup butter
- 2 eggs beaten
- 1 cup flour all-purpose
- 0.5 cup rolled oats
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract

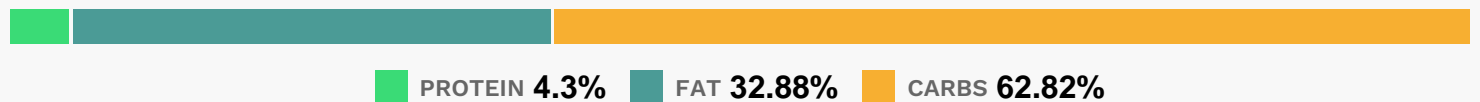
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Butter a 9x9 inch baking pan.
- In a medium bowl, combine flour and 2 tablespoons brown sugar.
- Cut in butter until mixture is crumbly. Press into the bottom of the prepared pan.
- Bake for 15 minutes in preheated oven. Crust should not be fully cooked.
- In a large bowl, mix together the eggs and remaining brown sugar.
- Combine the oats, salt, and baking powder; stir into the egg mixture along with the vanilla.
- Mix in raisins and coconut, if desired.
- Spread the mixture evenly over the partially baked crumb layer in pan.
- Bake 20 minutes more. Cool, and cut into squares.

Nutrition Facts



Properties

Glycemic Index:25.7, Glycemic Load:7.89, Inflammation Score:-3, Nutrition Score:4.34869565134446%

Nutrients (% of daily need)

Calories: 281.49kcal (14.07%), Fat: 10.43g (16.04%), Saturated Fat: 6.17g (38.59%), Carbohydrates: 44.83g (14.94%), Net Carbohydrates: 44.09g (16.03%), Sugar: 32.17g (35.75%), Cholesterol: 57.14mg (19.05%), Sodium: 174.58mg (7.59%), Alcohol: 0.14g (100%), Alcohol %: 0.25% (100%), Protein: 3.07g (6.14%), Manganese: 0.26mg (12.85%), Selenium: 8.62µg (12.32%), Vitamin B1: 0.12mg (8.06%), Folate: 28.98µg (7.24%), Vitamin B2: 0.11mg (6.62%), Vitamin A: 331.16IU (6.62%), Iron: 1.17mg (6.48%), Phosphorus: 56mg (5.6%), Calcium: 50.86mg (5.09%), Vitamin B3: 0.83mg (4.16%), Magnesium: 12.7mg (3.18%), Fiber: 0.75g (2.99%), Vitamin B5: 0.29mg (2.91%), Copper: 0.06mg (2.8%), Vitamin E: 0.38mg (2.53%), Potassium: 87.45mg (2.5%), Zinc: 0.37mg (2.46%), Vitamin B6: 0.04mg (1.92%),

Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.18µg (1.17%)