



Cherry-Oatmeal Bars

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 6 tablespoons butter melted
- ☐ 5 ounce cherries dried
- ☐ 1 large egg white
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup granulated sugar

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 3 tablespoons orange juice
- ☐ 1 cup quick-cooking oats
- ☐ 0.3 teaspoon salt
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract

Equipment

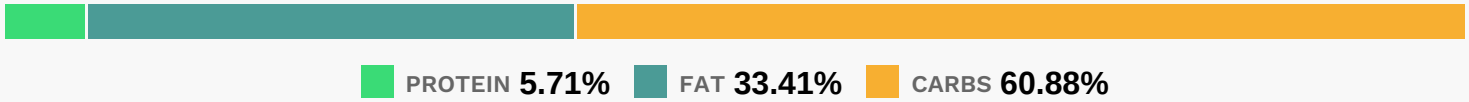
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 32
- ☐ Weigh or lightly spoon 5 ounces flour (about 1 cup) into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 5 ingredients in a medium bowl, stirring with a whisk.
- ☐ Drizzle butter and juice over flour mixture, stirring with a fork until moist (mixture will be crumbly). Reserve 1/2 cup oat mixture. Press remaining oat mixture into bottom of an 11 x 7inch glass or ceramic baking dish coated with cooking spray.
- ☐ Combine granulated sugar and 2 tablespoons flour in a medium bowl, stirring with a whisk.
- ☐ Add egg white and next 3 ingredients, stirring with a whisk until blended. Stir in cherries.
- ☐ Spread cherry mixture over prepared crust; sprinkle reserved oat mixture evenly over filling.

- ☐ Bake at 325 for 40 minutes or until edges are golden. Cool completely in pan on a wire rack.
- ☐ Cut into bars.

Nutrition Facts



Properties

Glycemic Index:16.34, Glycemic Load:7.53, Inflammation Score:-3, Nutrition Score:2.6191304222397%

Flavonoids

Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 132.04kcal (6.6%), Fat: 4.98g (7.66%), Saturated Fat: 2.8g (17.5%), Carbohydrates: 20.42g (6.81%), Net Carbohydrates: 19.37g (7.04%), Sugar: 12.26g (13.62%), Cholesterol: 13.1mg (4.37%), Sodium: 65.87mg (2.86%), Alcohol: 0.06g (100%), Alcohol %: 0.18% (100%), Protein: 1.91g (3.83%), Manganese: 0.19mg (9.69%), Vitamin A: 360.34IU (7.21%), Selenium: 3.87µg (5.53%), Vitamin B1: 0.07mg (4.54%), Fiber: 1.05g (4.2%), Vitamin B2: 0.06mg (3.39%), Folate: 13.17µg (3.29%), Iron: 0.57mg (3.18%), Magnesium: 12.26mg (3.06%), Phosphorus: 30.57mg (3.06%), Calcium: 22.64mg (2.26%), Vitamin B3: 0.4mg (1.99%), Vitamin C: 1.2mg (1.46%), Copper: 0.03mg (1.33%), Potassium: 44.07mg (1.26%), Zinc: 0.19mg (1.25%)