



Chewy Raspberry Almond Bars

 Dairy Free

READY IN



120 min.

SERVINGS



16

CALORIES



257 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups oats
- 1.5 cups flour all-purpose
- 0.8 cup brown sugar light packed
- 0.5 teaspoon salt
- 0.8 cup butter cold
- 1 eggs beaten
- 0.8 cup raspberry jam red seedless
- 6 oz raspberries fresh

0.5 cup almonds sliced

Equipment

bowl

frying pan

oven

wire rack

blender

measuring cup

Directions

Heat oven to 375°F. Spray 9-inch square pan with baking spray with flour.

In large bowl, mix oats, flour, brown sugar and salt.

Cut in butter, using pastry blender (or pulling 2 table knives through mixture in opposite directions), until mixture looks like coarse crumbs. Reserve 1 cup mixture for topping. To remaining mixture, stir in egg until just moistened.

Press dough firmly and evenly into bottom of pan, using fingers or bottom of measuring cup.

Spread with jam. Arrange raspberries over jam. Stir almonds into reserved crumb mixture; sprinkle evenly over raspberries.

Bake 30 to 35 minutes or until top is golden. Cool completely on cooling rack.

Cut into 4 rows by 4 rows.

Nutrition Facts



PROTEIN 5.35% **FAT 37.76%** **CARBS 56.89%**

Properties

Glycemic Index:14.44, Glycemic Load:15.49, Inflammation Score:-5, Nutrition Score:6.2813042842824%

Flavonoids

Cyanidin: 4.94mg, Cyanidin: 4.94mg, Cyanidin: 4.94mg, Cyanidin: 4.94mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin:

0.14mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 256.96kcal (12.85%), Fat: 10.98g (16.89%), Saturated Fat: 2.08g (12.99%), Carbohydrates: 37.22g (12.41%), Net Carbohydrates: 34.97g (12.72%), Sugar: 18.48g (20.53%), Cholesterol: 10.23mg (3.41%), Sodium: 185.5mg (8.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.5g (7.01%), Manganese: 0.56mg (27.88%), Selenium: 7.98µg (11.4%), Vitamin B1: 0.15mg (9.8%), Fiber: 2.26g (9.03%), Magnesium: 35.42mg (8.85%), Vitamin E: 1.27mg (8.44%), Vitamin A: 399IU (7.98%), Vitamin B2: 0.13mg (7.79%), Folate: 30.63µg (7.66%), Phosphorus: 75.72mg (7.57%), Iron: 1.28mg (7.09%), Copper: 0.11mg (5.35%), Vitamin C: 4.21mg (5.1%), Vitamin B3: 0.94mg (4.72%), Zinc: 0.51mg (3.39%), Calcium: 32.25mg (3.22%), Potassium: 111.15mg (3.18%), Vitamin B5: 0.22mg (2.22%), Vitamin B6: 0.04mg (1.78%), Vitamin K: 1.12µg (1.06%)