



## Chocolate, Cranberry & Oat Bars

 Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 cups brown sugar packed
- 1 tsp calumet baking powder
- 1 cup cranberries dried
- 2 eggs
- 1.5 cups flour
- 0.8 cup butter softened
- 0.3 cup orange juice
- 0.5 cup planters pecans chopped

- 1.5 cups quick-cooking oats
- 0.3 tsp salt
- 4 oz baker's semi-sweet chocolate coarsely chopped

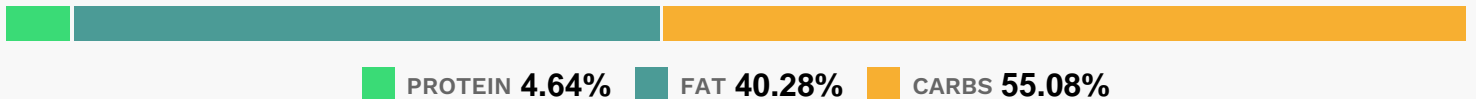
## Equipment

- bowl
- frying pan
- oven
- blender
- microwave

## Directions

- Heat oven to 350F.
- Microwave cranberries and orange juice in microwaveable bowl on HIGH 30 sec.; stir, Set aside.
- Combine next 4 ingredients.
- Beat margarine and sugar in large bowl with mixer until light and fluffy.
- Add eggs, 1 at a time, beating after each until blended. Gradually beat in oat mixture. Stir in cranberry mixture, chocolate and nuts.
- Spread onto bottom of 13x9-inch pan sprayed with cooking spray.
- Bake 25 to 30 min. or until lightly browned. Cool completely before cutting into bars.

## Nutrition Facts



## Properties

Glycemic Index:6.53, Glycemic Load:3.44, Inflammation Score:-2, Nutrition Score:2.5269565219465%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin:

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0.07mg, Myricetin: 0.07mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## **Nutrients (% of daily need)**

Calories: 114.23kcal (5.71%), Fat: 5.25g (8.07%), Saturated Fat: 1.36g (8.47%), Carbohydrates: 16.14g (5.38%), Net  
Carbohydrates: 15.32g (5.57%), Sugar: 10.21g (11.34%), Cholesterol: 7.43mg (2.48%), Sodium: 65.77mg (2.86%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.72%), Manganese: 0.24mg (12.01%), Selenium: 3.29µg  
(4.7%), Vitamin B1: 0.06mg (3.87%), Magnesium: 15.28mg (3.82%), Phosphorus: 34.4mg (3.44%), Iron: 0.62mg  
(3.43%), Copper: 0.07mg (3.39%), Fiber: 0.82g (3.28%), Vitamin A: 150.52IU (3.01%), Folate: 10.18µg (2.54%),  
Vitamin B2: 0.04mg (2.24%), Calcium: 19.48mg (1.95%), Zinc: 0.26mg (1.75%), Vitamin B3: 0.33mg (1.66%), Vitamin  
E: 0.25mg (1.64%), Potassium: 51.07mg (1.46%), Vitamin B5: 0.11mg (1.06%)