



Chunky Chocolate-Jam Bars

READY IN



50 min.

SERVINGS



32

CALORIES



187 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 cup butter softened
- 1 tsp calumet baking powder
- 0.5 cup baker's angel flake coconut
- 1.5 cups flour
- 1 cup brown sugar light packed
- 0.5 cup planters pecans toasted chopped
- 1.5 cups quick-cooking oats
- 12 oz raspberry jam
- 5 oz baker's semi-sweet chocolate coarsely chopped

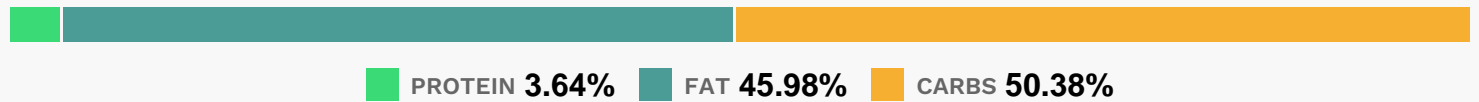
Equipment

- bowl
- frying pan
- oven
- blender

Directions

- Heat oven to 350F.
- Mix flour, sugar and baking powder in large bowl until blended.
- Cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs.
- Add oats, coconut and nuts; mix well.
- Press half the crumb mixture onto bottom of 13x9-inch pan sprayed with cooking spray; sprinkle with chocolate. Top with jam and remaining crumb mixture.
- Bake 25 to 30 min. or until lightly browned. Cool completely before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:10.84, Glycemic Load:8.7, Inflammation Score:-2, Nutrition Score:3.6460869428904%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 187.15kcal (9.36%), Fat: 9.75g (15%), Saturated Fat: 5.53g (34.56%), Carbohydrates: 24.03g (8.01%), Net Carbohydrates: 22.68g (8.25%), Sugar: 13.68g (15.2%), Cholesterol: 15.52mg (5.17%), Sodium: 68.67mg (2.99%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.81mg (1.27%), Protein: 1.74g (3.48%), Manganese: 0.38mg (18.84%), Selenium: 4.32µg (6.17%), Copper: 0.12mg (6.04%), Magnesium: 23.64mg (5.91%), Fiber: 1.35g (5.41%), Vitamin B1: 0.08mg (5.4%), Iron: 0.93mg (5.17%), Phosphorus: 49.69mg (4.97%), Vitamin A: 180.35IU (3.61%), Folate: 13.85µg (3.46%), Vitamin B2: 0.05mg (2.91%), Zinc: 0.39mg (2.61%), Calcium: 25.56mg (2.56%), Vitamin B3: 0.45mg (2.27%), Potassium: 77.61mg (2.22%), Vitamin E: 0.26mg (1.74%), Vitamin C: 0.97mg (1.18%), Vitamin B5: 0.11mg (1.09%), Vitamin B6: 0.02mg (1.01%)