



Cranberry Crumble Bars

 Dairy Free

READY IN



40 min.

SERVINGS



48

CALORIES



59 kcal

DESSERT

Ingredients

- 0.5 cup granulated sugar
- 0.3 cup orange juice
- 0.3 cup water
- 2 cups cranberries fresh
- 1 tablespoon orange zest grated
- 0.5 teaspoon ground cinnamon
- 0.8 cup brown sugar packed
- 0.5 cup butter softened

- 1.5 cups rolled oats
- 1 cup flour whole wheat all-purpose
- 0.3 teaspoon salt

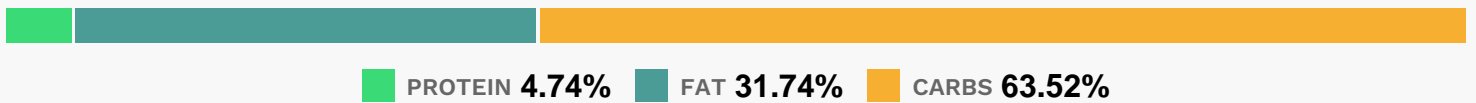
Equipment

- bowl
- frying pan
- sauce pan
- oven

Directions

- In 1 1/2-quart saucepan, mix granulated sugar, orange juice and water.
- Heat to boiling. Stir in all remaining Cranberry Filling ingredients. Cook over medium heat about 10 minutes, stirring occasionally, until thickened; cool.
- Heat oven to 400°F. In medium bowl, mix brown sugar and butter. Stir in all remaining Bar ingredients until crumbly. Press half of the crumbly mixture in ungreased rectangular pan, 13x9x2 inches.
- Spread with filling. Top with remaining crumbly mixture; press lightly.
- Bake about 20 minutes or until light brown. For bars, cut into 8 rows by 6 rows while warm.

Nutrition Facts



Properties

Glycemic Index:4.42, Glycemic Load:2.26, Inflammation Score:-1, Nutrition Score:1.5799999849304%

Flavonoids

Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 2.05mg, Peonidin: 2.05mg, Peonidin: 2.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg

Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 58.86kcal (2.94%), Fat: 2.15g (3.3%), Saturated Fat: 0.43g (2.72%), Carbohydrates: 9.67g (3.22%), Net Carbohydrates: 8.97g (3.26%), Sugar: 5.74g (6.37%), Cholesterol: 0mg (0%), Sodium: 35.76mg (1.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Manganese: 0.21mg (10.74%), Selenium: 2.34µg (3.34%), Fiber: 0.7g (2.8%), Phosphorus: 20.71mg (2.07%), Magnesium: 7.75mg (1.94%), Vitamin A: 90.48IU (1.81%), Vitamin B1: 0.03mg (1.75%), Vitamin C: 1.4mg (1.7%), Iron: 0.24mg (1.32%), Copper: 0.03mg (1.26%), Zinc: 0.16mg (1.09%), Vitamin E: 0.16mg (1.05%)