



Cranberry Crumble Bars



Dairy Free

READY IN



40 min.

SERVINGS



48

CALORIES



59 kcal

DESSERT

Ingredients

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

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup water
- ☐ 1 cup flour whole wheat all-purpose

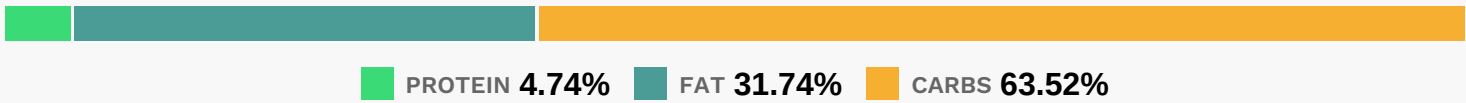
Equipment

- ☐ 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 400F. 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%)