



## Cranberry Crunch Squares

READY IN



45 min.

SERVINGS



24

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.6 cups brown sugar packed
- 1 cup butter melted
- 0.8 cup flour all-purpose
- 2.3 cups rolled oats
- 16 ounce roasted cranberry sauce canned

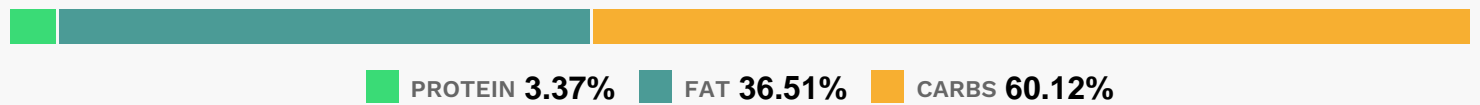
### Equipment

- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Combine the oats, flour, brown sugar and butter. Stir until the mixture resembles coarse crumbs.
- Spread the cranberries into the bottom of one 9x13 inch baking pan.
- Sprinkle crumb mixture over top.
- Bake at 350 degrees F (175 degrees C) for 25 minutes. Cool and cut into squares.

## Nutrition Facts



## Properties

Glycemic Index:6.88, Glycemic Load:3.98, Inflammation Score:-2, Nutrition Score:3.0147826082033%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

## Nutrients (% of daily need)

Calories: 198.57kcal (9.93%), Fat: 8.25g (12.69%), Saturated Fat: 4.96g (30.98%), Carbohydrates: 30.57g (10.19%), Net Carbohydrates: 29.46g (10.71%), Sugar: 20.55g (22.84%), Cholesterol: 20.34mg (6.78%), Sodium: 66.48mg (2.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Manganese: 0.33mg (16.68%), Selenium: 3.95µg (5.64%), Vitamin A: 244.3IU (4.89%), Vitamin B1: 0.07mg (4.68%), Fiber: 1.11g (4.44%), Phosphorus: 40.16mg (4.02%), Iron: 0.7mg (3.9%), Magnesium: 13.65mg (3.41%), Vitamin E: 0.43mg (2.87%), Folate: 10.29µg (2.57%), Copper: 0.05mg (2.42%), Vitamin B2: 0.04mg (2.28%), Zinc: 0.33mg (2.22%), Calcium: 19.89mg (1.99%), Vitamin B3: 0.36mg (1.79%), Potassium: 60.09mg (1.72%), Vitamin B5: 0.14mg (1.35%), Vitamin K: 1.1µg (1.04%)