



## Cranberry Oat Bars

 Vegetarian

READY IN



1500 min.

SERVINGS



24

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1.3 cups cranberries dried chopped
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup brown sugar light packed
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 1.5 cups oats
- ☐ 6 ounces pecans chopped

- ☐ 0.5 teaspoon salt
- ☐ 10 tablespoons butter unsalted softened
- ☐ 2 teaspoons vanilla
- ☐ 2 tablespoons milk whole

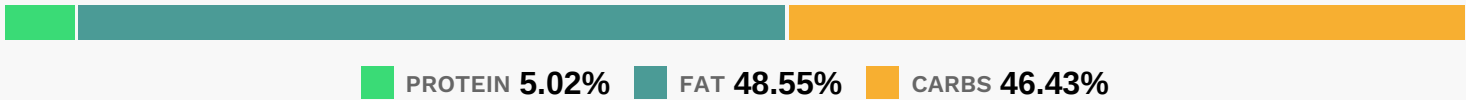
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer

## Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F. Generously butter a 9-inch square baking pan.
- ☐ Toast oats in another baking pan, stirring occasionally, until pale golden, about 12 minutes.
- ☐ Beat butter and sugar with an electric mixer until fluffy. Beat in eggs, milk, and vanilla.
- ☐ Whisk together flour, nutmeg, salt, and baking soda, then beat into butter mixture until incorporated. Stir in oats, pecans, and cranberries.
- ☐ Spread in buttered pan.
- ☐ Bake until golden and a wooden pick inserted comes out clean, 30 to 35 minutes. Cool in pan 20 minutes, then cut into bars.

## Nutrition Facts



## Properties

Glycemic Index:9.71, Glycemic Load:4.1, Inflammation Score:-2, Nutrition Score:4.5260870087406%

## Flavonoids

Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 192.42kcal (9.62%), Fat: 10.74g (16.52%), Saturated Fat: 3.67g (22.93%), Carbohydrates: 23.1g (7.7%), Net Carbohydrates: 21.41g (7.79%), Sugar: 14.26g (15.84%), Cholesterol: 28.19mg (9.4%), Sodium: 81.63mg (3.55%), Alcohol: 0.1g (100%), Alcohol %: 0.32% (100%), Protein: 2.5g (5%), Manganese: 0.57mg (28.28%), Vitamin B1: 0.11mg (7.65%), Selenium: 5.01µg (7.16%), Fiber: 1.7g (6.79%), Copper: 0.13mg (6.28%), Phosphorus: 57.96mg (5.8%), Magnesium: 18.69mg (4.67%), Iron: 0.8mg (4.47%), Zinc: 0.62mg (4.11%), Vitamin B2: 0.07mg (3.99%), Folate: 14.97µg (3.74%), Vitamin A: 174.31IU (3.49%), Vitamin E: 0.44mg (2.97%), Vitamin B3: 0.5mg (2.52%), Vitamin B5: 0.24mg (2.43%), Potassium: 78.14mg (2.23%), Calcium: 22.01mg (2.2%), Vitamin B6: 0.04mg (1.84%), Vitamin K: 1.3µg (1.24%), Vitamin D: 0.18µg (1.23%)