

Cranberry Oat Bars

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 0.8 cup butter
- 2 cups cranberries fresh
- 1.5 cups flour all-purpose
- 1 cup brown sugar light packed
- 2 tablespoons orange zest
- 1.5 cups rolled oats
- 0.5 teaspoon salt

0.8 cup sugar

Equipment

bowl

frying pan

sauce pan

oven

blender

baking pan

aluminum foil

Directions

In a small saucepan over medium high heat, combine the cranberries, white sugar and orange zest. Bring to a boil, then reduce heat and cook until the mixture has reduced to about 1 cup.

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x9 inch baking pan, line with foil, then grease the foil.

In a medium bowl, stir together the flour, oats, brown sugar, baking powder and salt.

Cut in the butter using your hands or a pastry blender until the mixture resembles coarse crumbs. Press half of this mixture firmly into the prepared pan.

Spread the cranberry sauce evenly over the base, then crumble the remaining oat mixture over the top.

Bake for 10 to 15 minutes in the preheated oven, until the top is golden brown. Cool completely before cutting into bars.

Nutrition Facts



PROTEIN 3.86% **FAT 33.72%** **CARBS 62.42%**

Properties

Glycemic Index:23.26, Glycemic Load:15.3, Inflammation Score:-3, Nutrition Score:4.4926087104756%

Flavonoids

Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 242.71kcal (12.14%), Fat: 9.29g (14.29%), Saturated Fat: 5.57g (34.83%), Carbohydrates: 38.68g (12.89%), Net Carbohydrates: 37.06g (13.48%), Sugar: 23.34g (25.93%), Cholesterol: 22.88mg (7.63%), Sodium: 172.5mg (7.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Manganese: 0.41mg (20.51%), Selenium: 6.52µg (9.31%), Vitamin B1: 0.13mg (8.66%), Fiber: 1.61g (6.46%), Folate: 24.68µg (6.17%), Iron: 1.03mg (5.75%), Vitamin A: 276.56IU (5.53%), Phosphorus: 53.94mg (5.39%), Vitamin B2: 0.08mg (4.6%), Vitamin B3: 0.82mg (4.08%), Magnesium: 15.5mg (3.88%), Calcium: 36.71mg (3.67%), Vitamin C: 2.77mg (3.36%), Copper: 0.06mg (3.07%), Vitamin E: 0.45mg (3.02%), Zinc: 0.39mg (2.58%), Potassium: 72.74mg (2.08%), Vitamin B5: 0.21mg (2.07%), Vitamin K: 1.56µg (1.48%), Vitamin B6: 0.03mg (1.36%)