



## Cranberry Oatmeal Bars

 Vegetarian

READY IN



28 min.

SERVINGS



12

CALORIES



221 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 0.3 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.3 cup brown sugar
- 0.5 cup butter melted
- 1 teaspoon cinnamon
- 0.8 cup cranberries dried
- 1 eggs
- 1 cup flour

- 0.3 teaspoon ground nutmeg
- 0.8 cup old-fashioned rolled oats
- 0.8 cup pecans
- 0.3 teaspoon pumpkin pie spice
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract

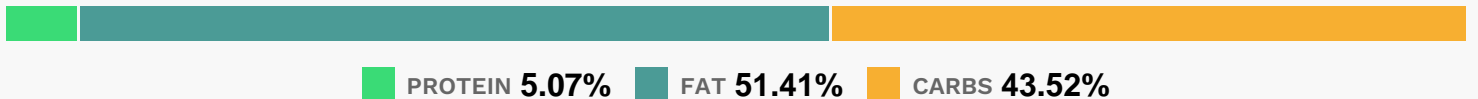
## Equipment

- frying pan
- oven
- mixing bowl
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease 11x7 inch baking pan.
- Pour melted butter into a mixing bowl, and beat in the egg, brown sugar, and vanilla extract. Sift the flour, baking powder, baking soda, salt, cinnamon, nutmeg, and pumpkin pie spice together in a separate mixing bowl. Stir the flour mixture into the butter mixture until thoroughly blended.
- Mix in the cranberries, pecans, and oats until evenly blended. Press mixture into prepared baking dish.
- Bake in preheated oven until top is dry and edges slightly pull away from the sides of the pan, 13 to 15 minutes. Cool before cutting into squares.

## Nutrition Facts



## Properties

Glycemic Index:28.5, Glycemic Load:6.98, Inflammation Score:-3, Nutrition Score:5.192173846066%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## **Nutrients (% of daily need)**

Calories: 221.27kcal (11.06%), Fat: 13.01g (20.02%), Saturated Fat: 5.45g (34.07%), Carbohydrates: 24.79g (8.26%), Net Carbohydrates: 22.9g (8.33%), Sugar: 11.83g (13.15%), Cholesterol: 33.98mg (11.33%), Sodium: 148.78mg (6.47%), Alcohol: 0.11g (100%), Alcohol %: 0.29% (100%), Protein: 2.89g (5.77%), Manganese: 0.6mg (29.81%), Vitamin B1: 0.15mg (9.94%), Selenium: 6.58µg (9.4%), Fiber: 1.89g (7.57%), Phosphorus: 61.64mg (6.16%), Copper: 0.12mg (6.04%), Folate: 24.17µg (6.04%), Iron: 1.03mg (5.71%), Vitamin B2: 0.09mg (5.29%), Vitamin A: 260.27IU (5.21%), Magnesium: 18.55mg (4.64%), Zinc: 0.61mg (4.06%), Vitamin B3: 0.8mg (4.02%), Vitamin E: 0.54mg (3.57%), Calcium: 25.6mg (2.56%), Vitamin B5: 0.25mg (2.48%), Potassium: 75.69mg (2.16%), Vitamin B6: 0.04mg (1.76%), Vitamin K: 1.66µg (1.58%)