



Cranberry-Oatmeal Bars

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 6 tablespoons butter melted
- ☐ 6 ounces cranberries dried
- ☐ 1 large egg white lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup granulated sugar

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 3 tablespoons orange juice
- ☐ 0.5 teaspoon orange rind grated
- ☐ 1 cup quick-cooking oats
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract

Equipment

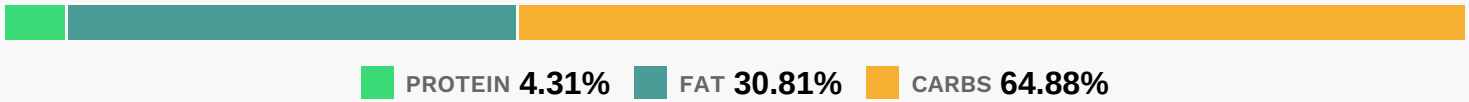
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 32
- ☐ To prepare crust, weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 5 ingredients (through cinnamon) in a medium bowl, stirring well with a whisk.
- ☐ Drizzle butter and juice over flour mixture, stirring until moistened (mixture will be crumbly). Reserve 1/2 cup oat mixture. Press remaining oat mixture into the bottom of an 11 x 7-inch baking dish coated with cooking spray.
- ☐ To prepare filling, combine cranberries, sour cream, granulated sugar, and remaining ingredients in a medium bowl, stirring well.
- ☐ Spread cranberry mixture over prepared crust; sprinkle reserved oat mixture evenly over filling.

- ☐ Bake at 325 for 40 minutes or until edges are golden. Cool completely in pan on a wire rack.
- ☐ Cherry-Oatmeal Bars: Substitute dried cherries for the dried cranberries and lemon rind for the orange rind in filling.
- ☐ CALORIES 135 (31% from fat); FAT 6g (sat 6g, mono 8g, poly 2g); PROTEIN 7g; CARB 5g; FIBER 3g; CHOL 13mg; IRON 7mg; SODIUM 68mg; CALC 27mg
- ☐ Maple-Date-Oatmeal Bars: Substitute chopped pitted dates for the dried cranberries. Omit granulated sugar from filling, and add 2 tablespoons maple syrup and 2 tablespoons brown sugar.
- ☐ CALORIES 124 (33% from fat); FAT 6g (sat 6g, mono 8g, poly 2g); PROTEIN 7g; CARB 8g; FIBER 1g; CHOL 13mg; IRON 7mg; SODIUM 68mg; CALC 26mg

Nutrition Facts



Properties

Glycemic Index:16.34, Glycemic Load:7.53, Inflammation Score:-2, Nutrition Score:2.4578260701636%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 130.62kcal (6.53%), Fat: 4.62g (7.11%), Saturated Fat: 2.58g (16.11%), Carbohydrates: 21.88g (7.29%), Net Carbohydrates: 21.01g (7.64%), Sugar: 14.27g (15.86%), Cholesterol: 11.77mg (3.92%), Sodium: 64.58mg (2.81%), Alcohol: 0.06g (100%), Alcohol %: 0.18% (100%), Protein: 1.45g (2.91%), Manganese: 0.21mg (10.61%), Selenium: 3.83µg (5.47%), Vitamin B1: 0.07mg (4.57%), Fiber: 0.87g (3.48%), Vitamin B2: 0.06mg (3.28%), Folate: 13.04µg (3.26%), Magnesium: 12.32mg (3.08%), Phosphorus: 29.43mg (2.94%), Iron: 0.5mg (2.8%), Vitamin A: 136.73IU (2.73%), Vitamin B3: 0.44mg (2.18%), Vitamin E: 0.29mg (1.91%), Calcium: 15.69mg (1.57%), Copper: 0.03mg (1.53%), Vitamin C: 1.2mg (1.45%), Potassium: 44.73mg (1.28%), Zinc: 0.19mg (1.25%), Vitamin B5: 0.11mg (1.06%)