



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

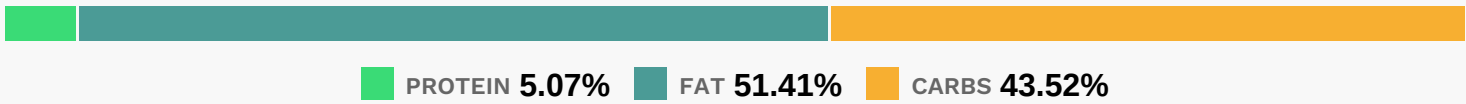
Equipment

- ☐ 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%), Folate: 24.17µg (6.04%), Copper: 0.12mg (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%)