



Cranberry-Pomegranate-Oatmeal Squares

READY IN



60 min.

SERVINGS



9

CALORIES



408 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1 tablespoon water
- ☐ 1 eggs
- ☐ 17.5 oz basic cookie mix
- ☐ 0.3 cup t brown sugar dark packed
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon lemon zest grated
- ☐ 1.5 cups cranberries fresh chopped

- ☐ 0.3 cup 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 2 tablespoons butter cooled melted

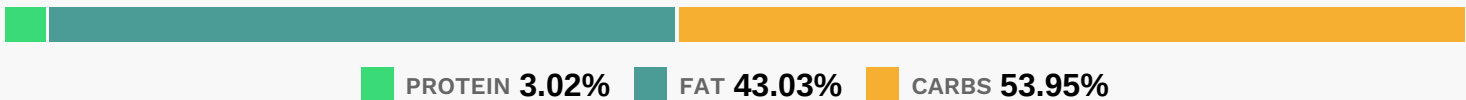
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. Grease 9–inch square pan with butter; line bottom of pan with parchment paper or foil.
- ☐ In medium bowl, mix softened butter, water and egg until blended.
- ☐ Add cookie mix; mix well. Reserve 1 1/2 cups dough for topping. Using hands or wooden spoon, press remaining dough in bottom of pan (be sure it touches sides of pan).
- ☐ In another medium bowl, beat brown sugar, flour, cinnamon and lemon peel with spoon until well combined.
- ☐ Add cranberries, cranberry–pomegranate juice and melted butter; stir gently until cranberries are coated.
- ☐ Spread filling evenly over base. Crumble reserved cookie dough evenly over top of filling.
- ☐ Bake 35 to 45 minutes or until top is golden brown and filling is bubbly. Cool completely, about 1 hour.
- ☐ Cut into squares or bars. If desired, serve squares topped with whipped cream.

Nutrition Facts



Properties

Glycemic Index:31.22, Glycemic Load:2.03, Inflammation Score:-3, Nutrition Score:2.7252173967983%

Flavonoids

Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 408.09kcal (20.4%), Fat: 19.26g (29.63%), Saturated Fat: 9.06g (56.63%), Carbohydrates: 54.33g (18.11%), Net Carbohydrates: 52.13g (18.96%), Sugar: 35.48g (39.42%), Cholesterol: 51.99mg (17.33%), Sodium: 168.82mg (7.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.09%), Fiber: 2.19g (8.77%), Vitamin A: 433.23IU (8.66%), Manganese: 0.12mg (5.84%), Vitamin E: 0.73mg (4.85%), Vitamin C: 3.28mg (3.98%), Selenium: 2.35µg (3.36%), Vitamin B2: 0.06mg (3.31%), Iron: 0.5mg (2.77%), Vitamin K: 2.38µg (2.27%), Vitamin B1: 0.03mg (2.27%), Potassium: 68mg (1.94%), Phosphorus: 18.5mg (1.85%), Calcium: 17.99mg (1.8%), Vitamin B3: 0.36mg (1.79%), Vitamin B5: 0.16mg (1.61%), Folate: 6.18µg (1.55%), Vitamin B6: 0.03mg (1.34%), Copper: 0.02mg (1.21%), Vitamin B12: 0.07µg (1.17%)