



Cranberry Squares

READY IN



45 min.

SERVINGS



45

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup firmly brown sugar light packed
- 0.8 cup butter cold softened (1-)
- 1 tsp calumet baking powder
- 1.5 cups flour
- 1.5 cups quick-cooking oats
- 1 cup brandied cranberry sauce

Equipment

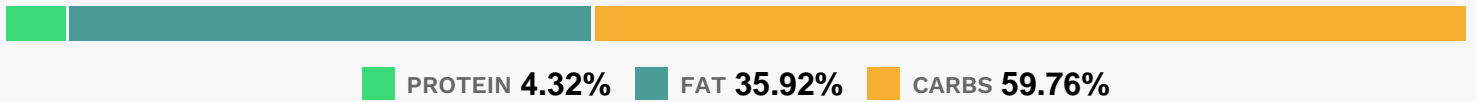
- bowl

- oven
- wire rack
- blender
- baking pan

Directions

- Preheat oven to 350F.
- Mix oats, flour, sugar and baking powder in large bowl.
- Cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs.
- Press 2/3 of the oat mixture firmly onto bottom of 9-inch square baking dish; top with Brandied Cranberry Sauce.
- Sprinkle with remaining oat mixture.
- Bake 30 minutes or until topping is lightly browned. Cool completely on wire rack.
- Cut into 24 squares to serve.

Nutrition Facts



Properties

Glycemic Index:6.27, Glycemic Load:3.36, Inflammation Score:-1, Nutrition Score:1.5669565239678%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 80.85kcal (4.04%), Fat: 3.3g (5.08%), Saturated Fat: 1.98g (12.38%), Carbohydrates: 12.37g (4.12%), Net Carbohydrates: 11.93g (4.34%), Sugar: 6.77g (7.53%), Cholesterol: 8.13mg (2.71%), Sodium: 37.95mg (1.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.79%), Manganese: 0.15mg (7.58%), Selenium: 2.45µg (3.5%), Vitamin B1: 0.05mg (3.23%), Magnesium: 8.88mg (2.22%), Folate: 8.71µg (2.18%), Iron: 0.39mg (2.18%), Phosphorus: 20.67mg (2.07%), Vitamin A: 97.16IU (1.94%), Fiber: 0.44g (1.74%), Vitamin B2: 0.03mg (1.55%), Vitamin B3: 0.28mg (1.41%), Calcium: 13.58mg (1.36%), Vitamin E: 0.17mg (1.11%)