



Crimson Crumble Bars

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



143 kcal

DESSERT

Ingredients

- 0.7 cup brown sugar packed
- 0.5 cup butter cold cubed
- 2 teaspoons cornstarch
- 2 cups cranberries fresh
- 1 cup flour all-purpose
- 0.7 cup rolled oats
- 0.5 cup pecans chopped
- 8 ounces pineapple unsweetened crushed undrained canned

- 0.3 teaspoon salt
- 1 cup sugar

Equipment

- bowl
- sauce pan
- oven
- wire rack
- baking pan

Directions

- In a large saucepan, combine the sugar, cornstarch, cranberries and pineapple; bring to a boil, stirring often. Reduce heat; cover and simmer for 10–15 minutes or until the berries pop.
- Remove from the heat.
- In a large bowl, combine the flour, oats, brown sugar and salt.
- Cut in butter until mixture resembles coarse crumbs. Stir in pecans. Set aside 1-1/2 cups for topping.
- Press remaining crumb mixture onto the bottom of a 13-in. x 9-in. baking pan coated with cooking spray.
- Bake at 350° for 8–10 minutes or until firm; cool for 10 minutes.
- Pour fruit filling over crust.
- Sprinkle with reserved crumb mixture.
- Bake for 25–30 minutes longer or until golden brown. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:12.09, Glycemic Load:9.54, Inflammation Score:-2, Nutrition Score:2.5217391174773%

Flavonoids

Cyanidin: 4.11mg, Cyanidin: 4.11mg, Cyanidin: 4.11mg, Cyanidin: 4.11mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 142.54kcal (7.13%), Fat: 5.72g (8.79%), Saturated Fat: 2.61g (16.29%), Carbohydrates: 22.74g (7.58%), Net Carbohydrates: 21.72g (7.9%), Sugar: 16.08g (17.86%), Cholesterol: 10.17mg (3.39%), Sodium: 56.94mg (2.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.36%), Manganese: 0.25mg (12.69%), Vitamin B1: 0.08mg (5.14%), Fiber: 1.01g (4.04%), Selenium: 2.72µg (3.89%), Copper: 0.06mg (3.09%), Folate: 11.51µg (2.88%), Iron: 0.49mg (2.72%), Vitamin A: 129.18IU (2.58%), Vitamin C: 2.08mg (2.52%), Phosphorus: 24.13mg (2.41%), Magnesium: 9.57mg (2.39%), Vitamin B2: 0.04mg (2.29%), Vitamin B3: 0.4mg (2.02%), Vitamin E: 0.27mg (1.77%), Zinc: 0.25mg (1.64%), Potassium: 50.86mg (1.45%), Calcium: 12.03mg (1.2%), Vitamin B6: 0.02mg (1.19%), Vitamin B5: 0.11mg (1.05%)