



Crisp Oatmeal-Fruit Strips

 Vegetarian

READY IN



45 min.

SERVINGS



65

CALORIES



77 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons baking soda
- 0.5 lb butter at room temperature
- 2 cups dates pitted finely chopped
- 1 large eggs
- 2 cups flour all-purpose
- 1.3 cups regular rolled oats
- 1.5 cups sugar

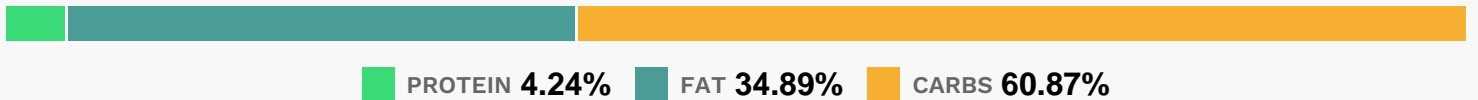
Equipment

- bowl
- frying pan
- baking sheet
- oven
- hand mixer

Directions

- In a bowl, with an electric mixer on medium speed, beat butter and sugar until smooth. Beat in egg.
- In another bowl, mix flour, baking soda, and oats. Stir or beat into butter mixture until well blended. Stir in raisins.
- Divide dough into seven equal portions. Pinch each portion into a 12-inch-long rope and evenly space two or three ropes across buttered or cooking parchment-lined 12- by 15-inch baking sheets. Flatten ropes to make 2-inch-wide strips.
- Bake in a 350 oven until strips are lightly browned, about 10 minutes; if baking more than one pan at a time, switch pan positions halfway through baking.
- Let strips cool on sheets for about 2 minutes, then cut diagonally into 1-inch-wide pieces.
- Let cool completely on sheets.

Nutrition Facts



Properties

Glycemic Index:4.52, Glycemic Load:7.59, Inflammation Score:-1, Nutrition Score:1.3734782555181%

Nutrients (% of daily need)

Calories: 77kcal (3.85%), Fat: 3.08g (4.74%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 12.1g (4.03%), Net Carbohydrates: 11.53g (4.19%), Sugar: 4.64g (5.15%), Cholesterol: 10.36mg (3.45%), Sodium: 58.67mg (2.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Manganese: 0.1mg (4.76%), Selenium: 2.08µg (2.97%), Vitamin B1: 0.04mg (2.86%), Fiber: 0.56g (2.26%), Iron: 0.38mg (2.09%), Vitamin B2: 0.04mg (2.07%), Folate: 8.14µg (2.03%), Vitamin A: 91.35IU (1.83%), Phosphorus: 16.25mg (1.63%), Vitamin B3: 0.3mg (1.48%), Potassium: 48.56mg (1.39%), Copper: 0.03mg (1.3%), Magnesium: 4.5mg (1.12%)