

# Delicious Raspberry Oatmeal Cookie Bars

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



338 kcal

DESSERT

## Ingredients

- 0.3 teaspoon baking soda
- 0.5 cup butter softened
- 1 cup flour all-purpose
- 0.5 cup brown sugar light packed
- 0.8 cup raspberry jam seedless
- 1 cup rolled oats
- 0.1 teaspoon salt

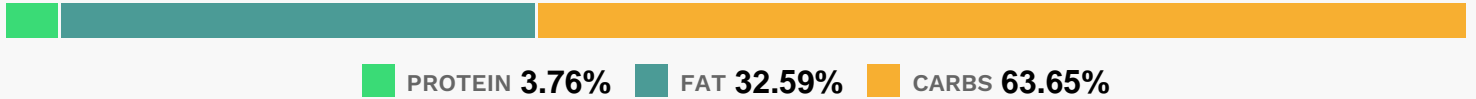
## Equipment

- frying pan
- oven
- blender
- aluminum foil

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease one 8 inch square pan, and line with greased foil.
- Combine brown sugar, flour, baking soda, salt, and rolled oats. Rub in the butter using your hands or a pastry blender to form a crumbly mixture. Press 2 cups of the mixture into the bottom of the prepared pan.
- Spread the jam to within 1/4 inch of the edge.
- Sprinkle the remaining crumb mixture over the top, and lightly press it into the jam.
- Bake for 35 to 40 minutes in preheated oven, or until lightly browned. Allow to cool before cutting into bars.

## Nutrition Facts



## Properties

Glycemic Index:27.5, Glycemic Load:22.85, Inflammation Score:-4, Nutrition Score:5.6843478174313%

## Nutrients (% of daily need)

Calories: 337.87kcal (16.89%), Fat: 12.34g (18.99%), Saturated Fat: 7.43g (46.45%), Carbohydrates: 54.24g (18.08%), Net Carbohydrates: 52.45g (19.07%), Sugar: 28.95g (32.16%), Cholesterol: 30.5mg (10.17%), Sodium: 176.73mg (7.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.41%), Manganese: 0.5mg (24.81%), Selenium: 9.17µg (13.1%), Vitamin B1: 0.18mg (11.67%), Folate: 35.91µg (8.98%), Iron: 1.41mg (7.85%), Fiber: 1.8g (7.18%), Vitamin B2: 0.12mg (7.17%), Vitamin A: 354.55IU (7.09%), Phosphorus: 68.44mg (6.84%), Vitamin B3: 1.07mg (5.34%), Magnesium: 20.22mg (5.06%), Copper: 0.1mg (5.02%), Zinc: 0.51mg (3.43%), Vitamin C: 2.81mg (3.4%), Calcium: 28.83mg (2.88%), Potassium: 99.65mg (2.85%), Vitamin E: 0.42mg (2.8%), Vitamin B5: 0.22mg (2.22%), Vitamin B6: 0.03mg (1.47%), Vitamin K: 1.24µg (1.18%)