



Dried-Cranberry Mazurkas

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons brown sugar
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup butter chilled cut into pieces
- ☐ 2 cups orange juice
- ☐ 1 teaspoon orange rind minced
- ☐ 1 cup quick-cooking oats
- ☐ 2.5 cups cranberries dried sweetened (such as Craisins)

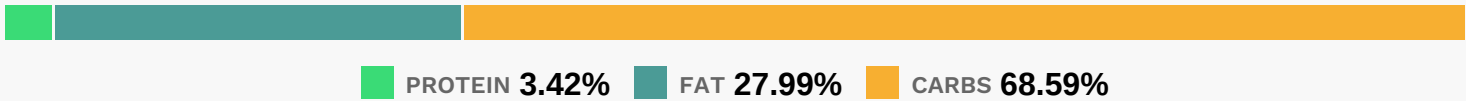
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 350
- ☐ Combine first 4 ingredients in a saucepan. Bring to a simmer; cook over medium heat 13 minutes or until liquid is absorbed and mixture is thick. Spoon cranberry mixture into a blender or food processor; process until smooth. Set aside.
- ☐ Combine flour, oats, and 1/2 cup brown sugar; cut in margarine with a pastry blender or 2 knives until the mixture resembles coarse meal. Reserve 1 cup flour mixture; set aside. Press remaining flour mixture in a 13 x 9-inch baking pan coated with cooking spray.
- ☐ Spread cranberry mixture evenly over flour mixture.
- ☐ Sprinkle reserved 1 cup flour mixture over cranberry mixture.
- ☐ Bake at 350 for 45 minutes or until browned. Cool in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:3.51, Inflammation Score:-2, Nutrition Score:2.1356521943665%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg,

Eriodictyol: 0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 90.94kcal (4.55%), Fat: 2.95g (4.54%), Saturated Fat: 0.59g (3.69%), Carbohydrates: 16.28g (5.43%), Net Carbohydrates: 15.5g (5.64%), Sugar: 10.92g (12.13%), Cholesterol: 0mg (0%), Sodium: 32.73mg (1.42%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.81g (1.63%), Vitamin C: 6.99mg (8.47%), Manganese: 0.15mg (7.36%), Vitamin B1: 0.05mg (3.55%), Fiber: 0.79g (3.14%), Selenium: 2.05µg (2.93%), Vitamin A: 145.33IU (2.91%), Folate: 11.3µg (2.82%), Magnesium: 9.14mg (2.29%), Vitamin E: 0.3mg (2.01%), Iron: 0.35mg (1.96%), Phosphorus: 18mg (1.8%), Vitamin B3: 0.33mg (1.65%), Vitamin B2: 0.03mg (1.62%), Potassium: 49.91mg (1.43%), Copper: 0.03mg (1.32%)