

Fruit Oatmeal Cookie Bars

READY IN



45 min.

SERVINGS



24

CALORIES



149 kcal

DESSERT

Ingredients

- 0.3 teaspoon baking soda
- 0.5 cup brown sugar packed
- 0.5 cup butter softened
- 1 cup flour all-purpose
- 1.5 cups jam
- 1.5 cups rolled oats
- 0.1 teaspoon salt

Equipment

frying pan

oven

Directions

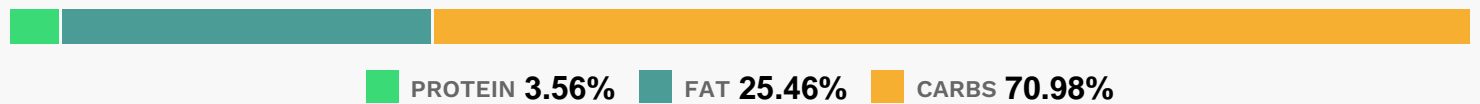
Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan.

Combine the butter, brown sugar, flour, baking soda, salt and rolled oats. Press 2 cups of the mixture into the bottom of the prepared pan.

Spread the preserves over the top and sprinkle with the remaining crumb mixture, gently pressing crumbs into jam.

Bake at 350 degrees F (175 degrees C) for 35 to 40 minutes. Allow to cool before cutting.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:11.97, Inflammation Score:-1, Nutrition Score:2.4695652075436%

Nutrients (% of daily need)

Calories: 148.56kcal (7.43%), Fat: 4.23g (6.51%), Saturated Fat: 2.5g (15.61%), Carbohydrates: 26.55g (8.85%), Net Carbohydrates: 25.66g (9.33%), Sugar: 14.82g (16.47%), Cholesterol: 10.17mg (3.39%), Sodium: 62.41mg (2.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.66%), Manganese: 0.23mg (11.55%), Selenium: 3.76µg (5.37%), Vitamin B1: 0.07mg (4.52%), Fiber: 0.89g (3.54%), Folate: 13.68µg (3.42%), Iron: 0.59mg (3.3%), Phosphorus: 31.76mg (3.18%), Vitamin B2: 0.05mg (3.02%), Copper: 0.05mg (2.54%), Magnesium: 9.5mg (2.37%), Vitamin A: 118.18IU (2.36%), Vitamin C: 1.87mg (2.27%), Vitamin B3: 0.38mg (1.89%), Zinc: 0.24mg (1.6%), Potassium: 47.51mg (1.36%), Calcium: 12.61mg (1.26%), Vitamin E: 0.16mg (1.06%)