



Grandma's Raspberry Bars

 Vegetarian

READY IN



50 min.

SERVINGS



24

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup brown sugar
- ☐ 0.8 cup butter softened
- ☐ 1.5 cups flour all-purpose
- ☐ 0.8 cup raspberry jam
- ☐ 1.5 cups rolled oats
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup walnuts chopped

☐ 0.5 cup sugar white

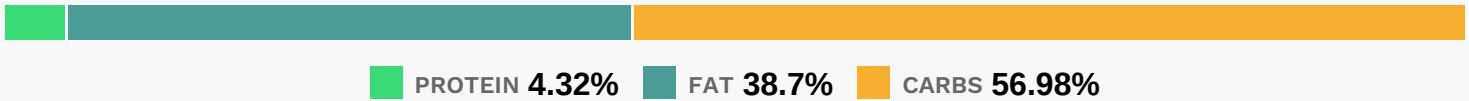
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
- ☐ In a medium bowl combine butter, white sugar, brown sugar, flour, baking powder and salt; mix well.
- ☐ Spread 2/3 of mixture into prepared pan.
- ☐ Spread jam over mixture.
- ☐ Combine remaining mixture with oats and walnuts; sprinkle over jam layer.
- ☐ Bake in preheated oven for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:12.43, Inflammation Score:-2, Nutrition Score:3.3278260522563%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 177.53kcal (8.88%), Fat: 7.77g (11.95%), Saturated Fat: 3.87g (24.16%), Carbohydrates: 25.74g (8.58%), Net Carbohydrates: 24.74g (9%), Sugar: 13.9g (15.44%), Cholesterol: 15.25mg (5.08%), Sodium: 92.74mg (4.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Manganese: 0.33mg (16.39%), Selenium: 4.6µg (6.57%), Vitamin B1: 0.09mg (6.33%), Folate: 19.73µg (4.93%), Phosphorus: 45.2mg (4.52%), Iron: 0.76mg (4.2%), Copper: 0.08mg (4.15%), Fiber: 1g (4.01%), Vitamin B2: 0.06mg (3.61%), Vitamin A: 177.76IU (3.56%), Magnesium: 13.59mg (3.4%), Vitamin B3: 0.56mg (2.79%), Calcium: 23.68mg (2.37%), Zinc: 0.33mg (2.19%), Potassium: 53.55mg

(1.53%), Vitamin E: 0.22mg (1.47%), Vitamin B6: 0.03mg (1.29%), Vitamin B5: 0.12mg (1.21%), Vitamin C: 0.97mg (1.17%)