



M-M-M-M-M Mumbles

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



269 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 0.8 cup butter
- ☐ 2 tablespoons cornstarch
- ☐ 1.8 cups flour all-purpose sifted
- ☐ 3 tablespoons juice of lemon
- ☐ 2.5 cups raisins
- ☐ 1.5 cups rolled oats

- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup water
- ☐ 0.5 cup sugar white

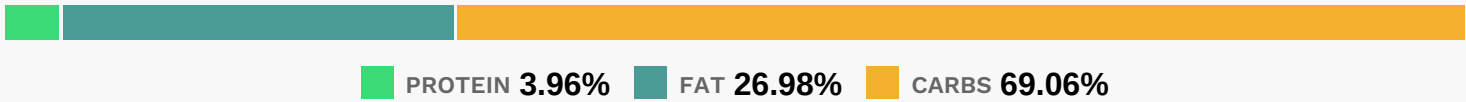
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ To Make Filling: Cook over low heat the raisins, sugar, cornstarch, water and lemon juice. Stir until thickened, about 5 minutes. Cool.
- ☐ Mix butter with sugar, add salt, baking soda, and flour, then oats. Press half of the mixture onto a greased pan (13x9x2").
- ☐ Spread on filling. Pat remaining crumbs on top.
- ☐ Press half of the mixture onto a greased pan (13x9x2 inches).
- ☐ Spread on filling. Pat remaining crumbs on top.
- ☐ Bake at 400 degrees F (205 degrees C) 20–30 minutes.
- ☐ Cut into bars.

Nutrition Facts



Properties

Glycemic Index:16.33, Glycemic Load:20.63, Inflammation Score:-3, Nutrition Score:5.0947825895703%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 269.04kcal (13.45%), Fat: 8.36g (12.87%), Saturated Fat: 4.99g (31.2%), Carbohydrates: 48.16g (16.05%), Net Carbohydrates: 45.77g (16.64%), Sugar: 17.57g (19.52%), Cholesterol: 20.34mg (6.78%), Sodium: 166.18mg

(7.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Manganese: 0.39mg (19.55%), Vitamin B1: 0.15mg (10.01%), Fiber: 2.4g (9.58%), Selenium: 6.5µg (9.28%), Iron: 1.47mg (8.17%), Vitamin B2: 0.11mg (6.58%), Folate: 25.91µg (6.48%), Potassium: 224.86mg (6.42%), Phosphorus: 59.01mg (5.9%), Copper: 0.11mg (5.67%), Vitamin B3: 1.04mg (5.19%), Magnesium: 19.61mg (4.9%), Vitamin A: 236.51IU (4.73%), Vitamin B6: 0.06mg (2.82%), Zinc: 0.38mg (2.55%), Vitamin C: 2.06mg (2.49%), Calcium: 23.95mg (2.39%), Vitamin E: 0.26mg (1.73%), Vitamin B5: 0.17mg (1.68%)