



## Oatmeal Apricot Squares

 Vegetarian

READY IN



50 min.

SERVINGS



16

CALORIES



151 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cup flour all-purpose
- 1 cup oats
- 0.5 cup brown sugar packed
- 0.3 teaspoon salt
- 0.3 teaspoon baking soda
- 0.5 cup butter cold cubed
- 0.8 cup apricot preserves

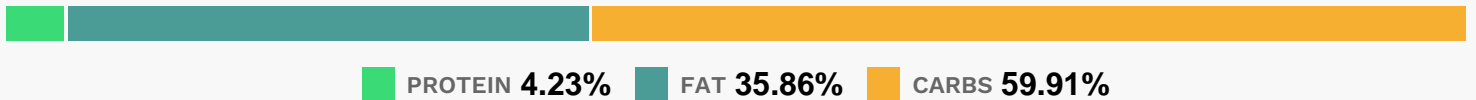
### Equipment

- bowl
- oven
- wire rack
- baking pan

## Directions

- In a large bowl, combine the flour, oats, brown sugar, salt and baking soda.
- Cut in butter until mixture resembles coarse crumbs.
- Press half of the mixture into a greased 8-in. square baking dish.
- Spread with preserves.
- Sprinkle with remaining oat mixture; gently press down.
- Bake at 350&deg; for 38–42 minutes or until golden brown. Cool on a wire rack.
- Cut into squares.

## Nutrition Facts



## Properties

Glycemic Index:11.88, Glycemic Load:6.25, Inflammation Score:-2, Nutrition Score:2.8743478584549%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 151.06kcal (7.55%), Fat: 6.2g (9.54%), Saturated Fat: 3.72g (23.22%), Carbohydrates: 23.31g (7.77%), Net Carbohydrates: 22.59g (8.21%), Sugar: 11.58g (12.87%), Cholesterol: 15.25mg (5.08%), Sodium: 105.72mg (4.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.29%), Manganese: 0.28mg (14.01%), Selenium: 4.75µg (6.78%), Vitamin B1: 0.09mg (5.94%), Magnesium: 16.61mg (4.15%), Folate: 16.31µg (4.08%), Vitamin A: 200.01IU (4%), Iron: 0.7mg (3.9%), Phosphorus: 33.96mg (3.4%), Vitamin B2: 0.05mg (2.91%), Fiber: 0.72g (2.88%), Vitamin B3: 0.52mg (2.59%), Copper: 0.04mg (2.22%), Zinc: 0.23mg (1.55%), Vitamin E: 0.22mg (1.46%), Calcium: 13.2mg (1.32%), Potassium: 45.89mg (1.31%), Vitamin C: 0.98mg (1.18%)