



Oatmeal-Cranberry-Sour Cream Bars

READY IN



205 min.

SERVINGS



16

CALORIES



271 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 17.5 oz basic cookie mix
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 cup butter softened
- ☐ 1 eggs
- ☐ 0.8 cup cream sour
- ☐ 3 tablespoons sugar
- ☐ 2 teaspoons lemon zest grated
- ☐ 0.3 teaspoon vanilla
- ☐ 1 egg yolk

- ☐ 1 cup cranberries dried
- ☐ 0.5 cup pecans coarsely chopped

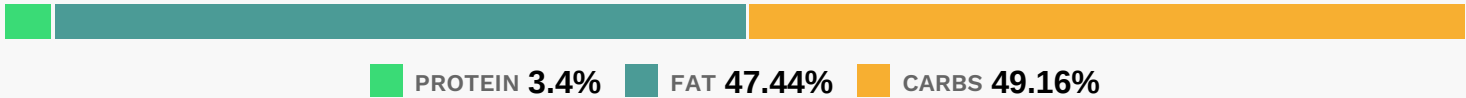
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. Line 9-inch square pan with foil, leaving 1 inch of foil extending up over sides of pan. Spray foil-lined pan with cooking spray.
- ☐ In large bowl, stir cookie mix, cinnamon, butter and egg until stiff dough forms. Reserve 1/4 of the dough. Press remaining dough in bottom of foil-lined pan.
- ☐ Bake 15 minutes.
- ☐ In small bowl, stir sour cream, sugar, lemon peel, vanilla and egg yolk until well blended. Stir in cranberries.
- ☐ Spread over crust. Stir pecans into reserved oatmeal dough; crumble over cranberry mixture.
- ☐ Bake 18 to 20 minutes or until top is light brown. Cool 30 minutes. Refrigerate 2 hours. For bars, cut into 4 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:5.32, Glycemic Load:1.59, Inflammation Score:-2, Nutrition Score:2.4908695428268%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate:

0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 270.7kcal (13.53%), Fat: 14.28g (21.96%), Saturated Fat: 3.15g (19.67%), Carbohydrates: 33.28g (11.09%), Net Carbohydrates: 31.72g (11.53%), Sugar: 22.89g (25.43%), Cholesterol: 28.74mg (9.58%), Sodium: 107.66mg (4.68%), Alcohol: 0.02g (100%), Alcohol %: 0.04% (100%), Protein: 2.31g (4.61%), Manganese: 0.18mg (9.08%), Vitamin A: 354.11IU (7.08%), Fiber: 1.56g (6.24%), Vitamin E: 0.53mg (3.51%), Vitamin B2: 0.06mg (3.25%), Phosphorus: 29.75mg (2.98%), Selenium: 2.06µg (2.95%), Copper: 0.05mg (2.55%), Vitamin B1: 0.04mg (2.55%), Calcium: 19.75mg (1.98%), Iron: 0.32mg (1.78%), Zinc: 0.26mg (1.74%), Vitamin B5: 0.16mg (1.65%), Magnesium: 6.17mg (1.54%), Potassium: 53.78mg (1.54%), Vitamin B12: 0.08µg (1.27%), Vitamin B6: 0.02mg (1.21%), Folate: 4.44µg (1.11%), Vitamin B3: 0.22mg (1.08%)