

Oatmeal Raspberry-Jam Bars



Vegetarian

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READY IN

ready

45 min.

SERVINGS

servings

24

CALORIES

calories

197 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1.8 cups flour all-purpose
- ☐ 2 tablespoons lemon zest
- ☐ 1 cup brown sugar light packed
- ☐ 1.5 cups oats such as quaker quick
- ☐ 1.5 cups raspberry jam
- ☐ 1 teaspoon salt
- ☐ 0.8 cup butter unsalted cut into small pieces

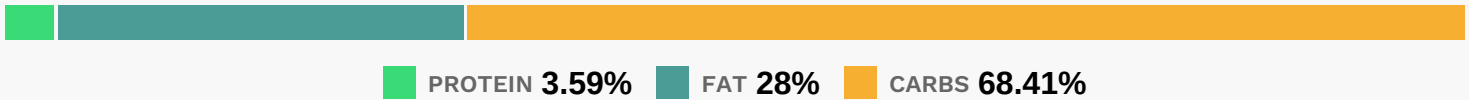
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350 F.
- ☐ Place the flour, sugar, salt, baking soda, and butter in the bowl of a food processor and pulse several times until the ingredients are combined and a crumbly dough is formed.
- ☐ Add the oats and lemon zest. Pulse quickly twice to combine. Press 2/3 of the dough firmly into a greased 9-by-13-inch pan.
- ☐ Spread the jam evenly over the crust.
- ☐ Sprinkle the remaining dough over the jam, gently pressing down.
- ☐ Bake until golden brown. Cool completely, about 2 hours.
- ☐ Cut into 24 bars. Store in airtight containers

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:14.89, Inflammation Score:-2, Nutrition Score:3.4117391297351%

Nutrients (% of daily need)

Calories: 196.98kcal (9.85%), Fat: 6.21g (9.55%), Saturated Fat: 3.72g (23.23%), Carbohydrates: 34.13g (11.38%), Net Carbohydrates: 33.12g (12.04%), Sugar: 19.32g (21.47%), Cholesterol: 15.25mg (5.08%), Sodium: 130.21mg (5.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.59%), Manganese: 0.29mg (14.75%), Selenium: 5.42µg (7.75%), Vitamin B1: 0.1mg (6.86%), Folate: 21.01µg (5.25%), Iron: 0.83mg (4.63%), Magnesium: 17.58mg (4.4%), Vitamin B2: 0.07mg (4.12%), Fiber: 1.01g (4.04%), Phosphorus: 39.22mg (3.92%), Vitamin A: 177.52IU (3.55%), Vitamin C: 2.52mg (3.05%), Vitamin B3: 0.6mg (3.01%), Copper: 0.06mg (2.96%), Calcium: 18.04mg (1.8%), Potassium: 58.97mg (1.68%), Zinc: 0.25mg (1.66%), Vitamin E: 0.23mg (1.55%), Vitamin B5: 0.1mg (1.02%)