



Raisin Sour Cream Bars

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 1 cup butter softened
- ☐ 2.5 tablespoons cornstarch
- ☐ 3 eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 cups raisins

- ☐ 1.8 cups rolled oats
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups cup heavy whipping cream sour
- ☐ 1 cup sugar white

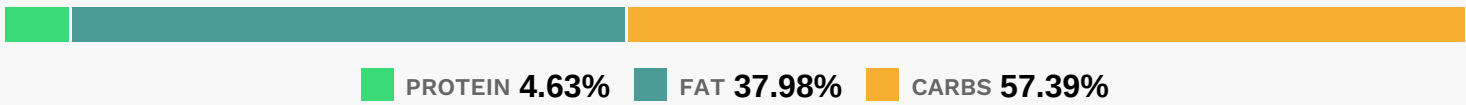
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F. Grease and flour 9 x 13 inch pan.
- ☐ Cook first six ingredients over low heat until well blended. Set aside to cool.
- ☐ In a separate bowl, mix together brown sugar, oatmeal, baking soda, butter, flour and salt until crumbly. Press half of mixture into pan.
- ☐ Pour cooked mixture over crust and crumble the other half of crust over the top.
- ☐ Bake for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:9.96, Glycemic Load:13.85, Inflammation Score:-2, Nutrition Score:3.8773913435314%

Nutrients (% of daily need)

Calories: 212.63kcal (10.63%), Fat: 9.24g (14.22%), Saturated Fat: 5.27g (32.94%), Carbohydrates: 31.42g (10.47%), Net Carbohydrates: 30.04g (10.92%), Sugar: 14.25g (15.83%), Cholesterol: 39.42mg (13.14%), Sodium: 139.03mg (6.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.07%), Manganese: 0.27mg (13.34%), Selenium: 5.9µg (8.43%), Vitamin B1: 0.09mg (6.29%), Vitamin B2: 0.1mg (6.13%), Vitamin A: 284.69IU (5.69%), Fiber: 1.37g (5.49%), Phosphorus: 54.21mg (5.42%), Iron: 0.94mg (5.23%), Folate: 18.21µg (4.55%), Potassium: 137.14mg (3.92%), Copper: 0.07mg (3.4%), Magnesium: 13.58mg (3.4%), Vitamin B3: 0.62mg (3.09%), Calcium: 29.01mg (2.9%), Zinc:

0.35mg (2.31%), Vitamin B5: 0.21mg (2.14%), Vitamin B6: 0.04mg (2.08%), Vitamin E: 0.29mg (1.94%), Vitamin B12:
0.08µg (1.27%)