



Raspberry Applesauce Squares

 Vegetarian

READY IN



60 min.

SERVINGS



15

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup apple sauce
- ☐ 1 cup brown sugar
- ☐ 0.5 cup butter
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup oat bran
- ☐ 1.5 cups quick-cooking oats
- ☐ 1 cup raspberries fresh
- ☐ 0.5 cup sugar white

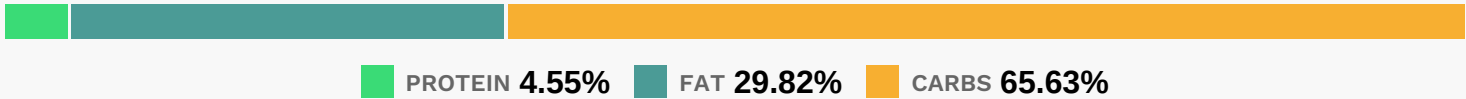
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13-inch baking pan.
- ☐ Mix raspberries, applesauce, oat bran, and white sugar together in a bowl.
- ☐ Combine oats, brown sugar, and butter together in a bowl using a pastry blender; add flour. Continue cutting into mixture using pastry blender until crumbly.
- ☐ Spread half the crumb topping into the bottom of the prepared baking pan.
- ☐ Bake in the preheated oven until crust is lightly browned, about 20 minutes.
- ☐ Remove from oven and cool.
- ☐ Spread the raspberry filling onto the cooled crust and sprinkle with remaining crumb topping.
- ☐ Bake in the preheated oven until topping is lightly browned, about 20 more minutes.

Nutrition Facts



Properties

Glycemic Index:22.71, Glycemic Load:11.27, Inflammation Score:-3, Nutrition Score:5.1004347522622%

Flavonoids

Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 201.73kcal (10.09%), Fat: 7.11g (10.93%), Saturated Fat: 4.04g (25.26%), Carbohydrates: 35.18g (11.73%), Net Carbohydrates: 32.99g (12%), Sugar: 22.95g (25.5%), Cholesterol: 16.27mg (5.42%), Sodium: 53.72mg (2.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.88%), Manganese: 0.67mg (33.48%), Selenium: 6.33µg (9.05%), Magnesium: 35.93mg (8.98%), Fiber: 2.19g (8.76%), Vitamin B1: 0.13mg (8.7%), Phosphorus: 76.53mg (7.65%), Iron: 0.99mg (5.49%), Vitamin A: 196.45IU (3.93%), Folate: 14.84µg (3.71%), Copper: 0.07mg (3.55%), Zinc: 0.46mg (3.09%), Vitamin B2: 0.05mg (2.99%), Potassium: 101.7mg (2.91%), Vitamin C: 2.26mg (2.74%), Vitamin E: 0.37mg (2.47%), Calcium: 23.46mg (2.35%), Vitamin B3: 0.43mg (2.15%), Vitamin B5: 0.2mg (1.96%), Vitamin B6: 0.03mg (1.58%), Vitamin K: 1.63µg (1.56%)