



## Raspberry Bars

 Gluten Free

READY IN



40 min.

SERVINGS



24

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 cup oats
- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 1 cup alouette garlic & herbs spreadable cheese
- ☐ 2 cups frangelico

## Equipment

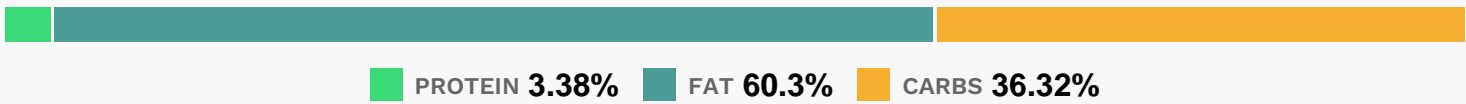
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ blender

## Directions

- ☐ Heat oven to 400°F. Grease square pan, 9x9x2 inches.
- ☐ Mix Bisquick mix, oats and brown sugar in large bowl.
- ☐ Cut in butter, using fork or pastry blender, until mixture is crumbly.
- ☐ Press half of the crumbly mixture in pan.
- ☐ Spread fruit over crumbly mixture to within 1/4 inch of edges. Top with remaining crumbly mixture; press gently into fruit.
- ☐ Bake 25 to 30 minutes or until light brown; cool. For 24 bars, cut into 6 rows by 4 rows.

## Nutrition Facts



## Properties

Glycemic Index:2.71, Glycemic Load:1.29, Inflammation Score:-1, Nutrition Score:1.1447826158255%

## Nutrients (% of daily need)

Calories: 105.41kcal (5.27%), Fat: 7.31g (11.25%), Saturated Fat: 2.67g (16.69%), Carbohydrates: 9.91g (3.3%), Net Carbohydrates: 9.59g (3.49%), Sugar: 6.72g (7.46%), Cholesterol: 10.24mg (3.41%), Sodium: 97.8mg (4.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.85%), Manganese: 0.15mg (7.48%), Vitamin A: 169.16IU (3.38%), Magnesium: 9.88mg (2.47%), Selenium: 1.23µg (1.76%), Phosphorus: 16.84mg (1.68%), Fiber: 0.32g (1.27%), Vitamin B1: 0.02mg (1.25%), Vitamin E: 0.17mg (1.14%), Iron: 0.21mg (1.14%)