



Raspberry-Chocolate Bars

READY IN



45 min.

SERVINGS



16

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 5 tablespoons butter softened
- ☐ 1 cup flour all-purpose
- ☐ 1 cup oats
- ☐ 10 ounce raspberry jam seedless
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup semi chocolate chips

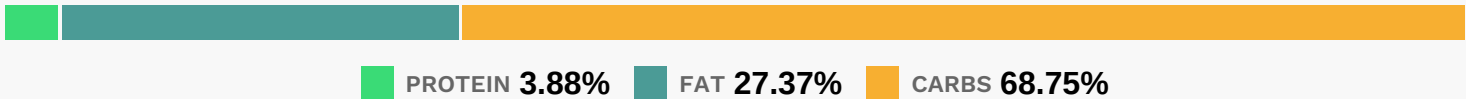
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, oats, baking soda, and salt in a small bowl, stirring well with a whisk. Set aside.
- ☐ Combine sugar and butter in a medium bowl, and beat with a mixer at medium speed until smooth.
- ☐ Add the flour mixture to butter mixture, and stir until well blended (mixture will be crumbly.)
- ☐ Remove 3/4 cup of dough; toss with chocolate chips. Set aside. Press the remaining dough into an 8-inch square baking pan, and spread evenly with jam.
- ☐ Sprinkle with chocolate chip mixture.
- ☐ Bake at 375 30 minutes or until golden brown. Cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:15.31, Glycemic Load:12.86, Inflammation Score:-2, Nutrition Score:3.8313043363716%

Nutrients (% of daily need)

Calories: 199.62kcal (9.98%), Fat: 6.14g (9.45%), Saturated Fat: 3.56g (22.24%), Carbohydrates: 34.69g (11.56%), Net Carbohydrates: 33.36g (12.13%), Sugar: 20.76g (23.06%), Cholesterol: 9.74mg (3.25%), Sodium: 144.43mg (6.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.84mg (1.61%), Protein: 1.96g (3.92%), Manganese: 0.36mg (17.98%), Selenium: 5.37µg (7.67%), Magnesium: 27.03mg (6.76%), Vitamin B1: 0.09mg (6.24%), Iron: 1.11mg (6.19%), Copper: 0.12mg (6.14%), Fiber: 1.33g (5.33%), Phosphorus: 51.1mg (5.11%), Folate: 18.1µg (4.53%), Vitamin B2: 0.06mg (3.67%), Vitamin B3: 0.57mg (2.85%), Zinc: 0.38mg (2.56%), Potassium: 86.82mg (2.48%), Vitamin A: 112.14IU (2.24%), Calcium: 20.24mg (2.02%), Vitamin C: 1.56mg (1.89%), Vitamin E: 0.2mg (1.31%), Vitamin B5: 0.11mg (1.09%)