



Raspberry Crumble Bars

 Vegetarian

READY IN



90 min.

SERVINGS



12

CALORIES



472 kcal

DESSERT

Ingredients

- ☐ 2 sticks butter softened plus more for the pan
- ☐ 1 eggs beaten
- ☐ 2.3 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup brown sugar light
- ☐ 1 quart raspberries
- ☐ 1 cup rolled oats

- ☐ 0.3 teaspoon sea salt fine
- ☐ 1.8 cup sugar

Equipment

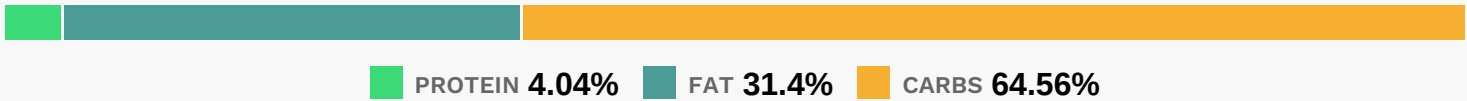
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ stand mixer
- ☐ candy thermometer

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. Butter an 8-inch square baking pan.
- ☐ Add the flour, both sugars, oats and salt to a bowl in your stand mixer.
- ☐ Add in the butter and egg and beat at low speed. Stop the machine and scrape the bowl down a couple of times. Keep processing until the mixture resembles coarse crumbs. Keep 2 cups crumb mixture aside.
- ☐ Press the remaining crumb mixture on the bottom the prepared pan.
- ☐ Spread the Raspberry Preserves over top, leaving 1/2-inch border. Crumble the rest of the oat mixture over the preserves.
- ☐ Bake until lightly browned, 40 to 50 minutes. Cool completely before cutting into bars.
- ☐ Put your raspberries and 1/4 cup water in a saucepan over medium heat. Once it's at a simmer, partially cover and cook 8 to 10 minutes. Pass the berry mixture through a food mill and measure the liquid that remains. You need 3 1/2 cups.
- ☐ Add more water if there isn't enough.
- ☐ Put the berry liquid into a new saucepan over medium heat and bring to a simmer again. Once it simmers, start adding your sugar in 1/2 cup increments. Give it a stir to incorporate and bring it back to a simmer before adding of the next 1/2 cup sugar. Once the last 1/2 cup is added, bring the liquid to 216 to 218 degrees F on a candy thermometer. Stir constantly.

Let this cool to room temperature prior to using. If not using right away, refrigerate for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:27.6, Glycemic Load:41.79, Inflammation Score:-6, Nutrition Score:11.094782658245%

Flavonoids

Cyanidin: 36.1mg, Cyanidin: 36.1mg, Cyanidin: 36.1mg, Cyanidin: 36.1mg Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.77mg, Pelargonidin: 0.77mg, Pelargonidin: 0.77mg, Pelargonidin: 0.77mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 471.69kcal (23.58%), Fat: 16.93g (26.04%), Saturated Fat: 9.92g (62.01%), Carbohydrates: 78.31g (26.1%), Net Carbohydrates: 71.87g (26.13%), Sugar: 49.99g (55.54%), Cholesterol: 54.13mg (18.04%), Sodium: 179.37mg (7.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.79%), Manganese: 0.94mg (47.11%), Fiber: 6.45g (25.78%), Vitamin C: 21.15mg (25.63%), Selenium: 11.71µg (16.72%), Vitamin B1: 0.24mg (16.2%), Folate: 64.24µg (16.06%), Iron: 2.07mg (11.51%), Vitamin B2: 0.19mg (10.98%), Vitamin A: 516.54IU (10.33%), Vitamin B3: 1.95mg (9.76%), Phosphorus: 88.13mg (8.81%), Magnesium: 33.55mg (8.39%), Vitamin E: 1.21mg (8.04%), Vitamin K: 7.69µg (7.32%), Copper: 0.14mg (7.05%), Potassium: 192.44mg (5.5%), Zinc: 0.81mg (5.42%), Vitamin B5: 0.53mg (5.28%), Calcium: 41.41mg (4.14%), Vitamin B6: 0.07mg (3.58%), Vitamin B12: 0.06µg (1.08%)