



Raspberry Oat Bars

 Vegetarian

READY IN



55 min.

SERVINGS



24

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.8 cup butter softened
- 1.5 cups flour all-purpose
- 1 cup brown sugar light packed
- 10 ounce raspberry preserves
- 1.5 cups rolled oats
- 1 teaspoon salt

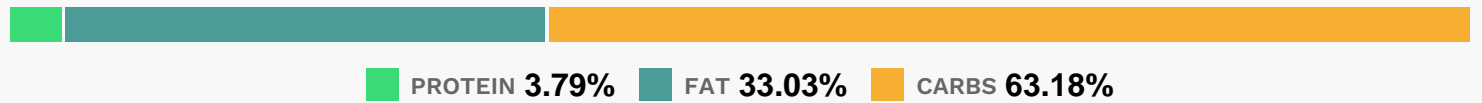
Equipment

- bowl
- frying pan
- oven

Directions

- Preheat the oven to 400 degrees F (200 degrees C). Grease a 9x13 inch pan.
- In a large bowl, cream together the butter and brown sugar until smooth.
- Combine the oats, flour, salt and baking powder; stir into the creamed mixture. Press half of the mixture into the bottom of the prepared pan.
- Spread the preserves over the crust. Crumble the remaining crust mixture over the raspberry layer.
- Bake for 20 to 25 minutes in the preheated oven, or until light brown. Cool completely before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:9.91, Inflammation Score:-2, Nutrition Score:2.8226086737021%

Nutrients (% of daily need)

Calories: 166.22kcal (8.31%), Fat: 6.17g (9.49%), Saturated Fat: 3.72g (23.22%), Carbohydrates: 26.55g (8.85%), Net Carbohydrates: 25.7g (9.34%), Sugar: 14.7g (16.33%), Cholesterol: 15.25mg (5.08%), Sodium: 158.15mg (6.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Manganese: 0.25mg (12.4%), Selenium: 4.53µg (6.47%), Vitamin B1: 0.09mg (5.79%), Folate: 17.52µg (4.38%), Iron: 0.71mg (3.96%), Vitamin A: 177.27IU (3.55%), Phosphorus: 35.35mg (3.54%), Fiber: 0.85g (3.41%), Vitamin B2: 0.06mg (3.4%), Vitamin B3: 0.54mg (2.68%), Magnesium: 10.18mg (2.54%), Copper: 0.05mg (2.36%), Calcium: 20.44mg (2.04%), Zinc: 0.26mg (1.7%), Potassium: 49.73mg (1.42%), Vitamin E: 0.2mg (1.36%), Vitamin C: 1.04mg (1.26%), Vitamin B5: 0.11mg (1.13%)