



Raspberry Squares for Junior Chefs

 Vegetarian

READY IN



60 min.

SERVINGS



9

CALORIES



528 kcal

SIDE DISH

Ingredients

- 1 teaspoon almond extract
- 0.7 cup almonds sliced
- 1 cup butter softened
- 2 cups flour all-purpose
- 1.5 cups cooking oats quick
- 1 cup raspberry jelly
- 1 cup sugar white

Equipment

- bowl
- frying pan
- oven
- knife
- mixing bowl
- baking pan
- aluminum foil
- cutting board

Directions

- Preheat oven to 350 degrees F (175 degrees C). Line 8x8 inch baking dish with foil, and lightly grease the foil.
- Place the flour, oats, and sugar into a mixing bowl.
- Add the butter and mix, using your hands, until mixture has the consistency of coarse crumbs. Stir in the almond extract.
- Remove 2 cups of the flour mixture and place in a separate bowl.
- Pour the remaining flour mixture into the prepared pan, and press evenly across the bottom.
- Spread raspberry jelly over the flour layer. Gently press the reserved 2 cups of flour mixture over the jelly.
- Sprinkle the top with almonds.
- Bake in preheated oven until top is golden brown, about 30 minutes. Cool in the baking dish. Lift out foil to place square on a cutting board. Using sharp knife, cut into 9 squares.

Nutrition Facts



PROTEIN 4.82% **FAT 42.13%** **CARBS 53.05%**

Properties

Glycemic Index:36.12, Glycemic Load:45.36, Inflammation Score:-6, Nutrition Score:10.782173900501%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 527.57kcal (26.38%), Fat: 25.15g (38.68%), Saturated Fat: 13.42g (83.87%), Carbohydrates: 71.24g (23.75%), Net Carbohydrates: 68.09g (24.76%), Sugar: 34.88g (38.76%), Cholesterol: 54.23mg (18.08%), Sodium: 171.43mg (7.45%), Alcohol: 0.15g (100%), Alcohol %: 0.16% (100%), Protein: 6.47g (12.94%), Manganese: 0.94mg (46.91%), Selenium: 15.17µg (21.68%), Vitamin B1: 0.31mg (20.69%), Vitamin E: 2.47mg (16.47%), Magnesium: 62.55mg (15.64%), Vitamin B2: 0.26mg (15.49%), Folate: 61.65µg (15.41%), Phosphorus: 135.48mg (13.55%), Iron: 2.31mg (12.82%), Vitamin A: 630.37IU (12.61%), Fiber: 3.15g (12.58%), Vitamin B3: 2.02mg (10.09%), Copper: 0.19mg (9.35%), Zinc: 0.88mg (5.87%), Potassium: 154.37mg (4.41%), Calcium: 40.15mg (4.02%), Vitamin B5: 0.28mg (2.82%), Vitamin C: 2.19mg (2.65%), Vitamin K: 2.28µg (2.17%), Vitamin B6: 0.04mg (2.05%)