



Sour Cream-Cranberry Bars

READY IN



117 min.

SERVINGS



32

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup butter softened
- ☐ 1 cup brown sugar packed
- ☐ 2 cups oats
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon baking soda
- ☐ 2 cups cranberries dried
- ☐ 1 cup cream sour
- ☐ 0.8 cup granulated sugar
- ☐ 2 tablespoons flour all-purpose

- ☐ 1 tablespoon lemon zest grated
- ☐ 1 teaspoon vanilla
- ☐ 1 eggs

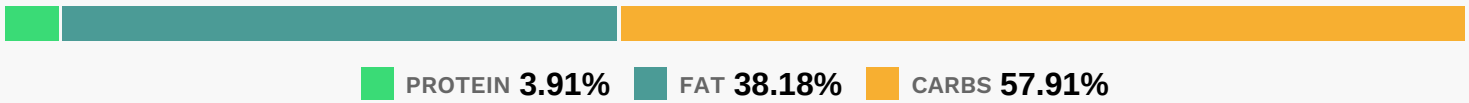
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F.
- ☐ Mix butter and brown sugar in large bowl with spoon. Stir in oats, 1 1/2 cups flour and the baking soda until crumbly. Press half of the mixture in ungreased rectangular pan, 13x9x2 inches.
- ☐ Bake 10 to 12 minutes or until golden brown.
- ☐ Mix remaining ingredients in large bowl.
- ☐ Pour over baked crust. Crumble remaining oat mixture over filling.
- ☐ Bake 25 to 30 minutes or until top is golden brown and filling is set. Cool completely, about 1 hour. For 32 bars, cut into 8 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:8.91, Glycemic Load:8.7, Inflammation Score:-3, Nutrition Score:3.1747825702895%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 176.99kcal (8.85%), Fat: 7.74g (11.91%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 26.42g (8.81%), Net Carbohydrates: 25.35g (9.22%), Sugar: 17.21g (19.12%), Cholesterol: 9.36mg (3.12%), Sodium: 107.93mg (4.69%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Protein: 1.78g (3.57%), Manganese: 0.29mg (14.36%), Selenium: 4.71µg (6.73%), Vitamin A: 306.04IU (6.12%), Vitamin B1: 0.08mg (5.39%), Magnesium: 17.14mg (4.28%), Fiber: 1.07g (4.27%), Phosphorus: 40.77mg (4.08%), Vitamin B2: 0.06mg (3.62%), Folate: 14.44µg (3.61%), Iron: 0.64mg (3.56%), Vitamin E: 0.46mg (3.07%), Vitamin B3: 0.47mg (2.37%), Calcium: 20.19mg (2.02%), Copper: 0.04mg (1.94%), Zinc: 0.26mg (1.72%), Potassium: 52.21mg (1.49%), Vitamin B5: 0.14mg (1.41%)