



Strawberry Jam Squares

 Vegetarian

READY IN



45 min.

SERVINGS



25

CALORIES



196 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.8 cup butter
- 1 tsp calumet baking powder
- 1.5 cups flour
- 1 cup brown sugar light packed
- 1.5 cups quick-cooking oats
- 1 cup minutes to sure-jell strawberry freezer jam homemade
- 1 cup planters walnuts chopped

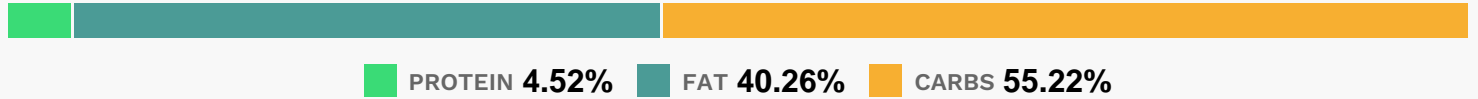
Equipment

- bowl
- oven
- wire rack
- blender
- baking pan

Directions

- Heat oven to 350F.
- Mix oats, flour, sugar and baking powder in large bowl.
- Cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs.
- Press 3 cups oat mixture firmly onto bottom of 9-inch square baking pan.
- Spread jam over crust.
- Mix nuts with remaining crumb mixture; sprinkle over jam.
- Bake 30 min. or until topping is lightly browned. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:14.28, Glycemic Load:11.19, Inflammation Score:-2, Nutrition Score:4.0152173638344%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 196.14kcal (9.81%), Fat: 8.99g (13.83%), Saturated Fat: 3.85g (24.09%), Carbohydrates: 27.74g (9.25%), Net Carbohydrates: 26.62g (9.68%), Sugar: 15.35g (17.05%), Cholesterol: 14.64mg (4.88%), Sodium: 72.19mg (3.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.54%), Manganese: 0.43mg (21.56%), Selenium: 4.87µg (6.96%), Vitamin B1: 0.1mg (6.91%), Copper: 0.12mg (6.05%), Magnesium: 23.71mg (5.93%), Phosphorus: 55.53mg (5.55%), Folate: 21.66µg (5.41%), Iron: 0.86mg (4.79%), Fiber: 1.12g (4.49%), Vitamin B2: 0.06mg (3.68%), Vitamin A: 171.12IU (3.42%), Calcium: 31.41mg (3.14%), Vitamin B3: 0.55mg (2.76%), Zinc: 0.37mg (2.46%), Potassium: 69.93mg (2%), Vitamin B6: 0.04mg (1.99%), Vitamin E: 0.25mg (1.64%), Vitamin C: 1.26mg (1.52%), Vitamin B5: 0.12mg (1.16%)