



Strawberry Oatmeal Bars

 Vegetarian  Popular

READY IN



80 min.

SERVINGS



24

CALORIES



174 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 cup brown sugar packed
- 1.5 cups flour all-purpose
- 1.5 cup oats
- 0.5 teaspoon salt
- 1.8 sticks butter salted plus more for greasing pan cut into pieces,
- 10 ounce strawberry preserves

Equipment

frying pan

oven

Directions

Watch how to make this recipe.

Preheat the oven to 350 degrees F. Butter a 9-by-13-inch rectangular pan.

Mix together the butter, flour, oats, brown sugar, baking powder and salt. Press half the oat mixture into the prepared pan.

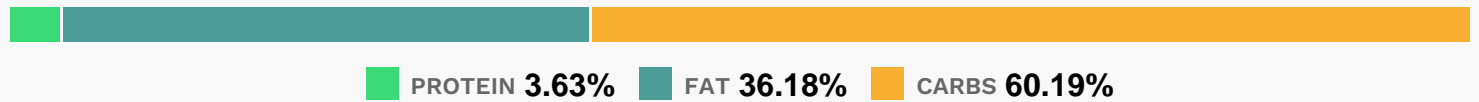
Spread with the strawberry preserves.

Sprinkle the other half of the oat mixture over the top and pat lightly.

Bake until light brown, 30 to 40 minutes.

Let cool completely, and then cut into squares.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:9.93, Inflammation Score:-2, Nutrition Score:2.8995651959077%

Nutrients (% of daily need)

Calories: 174.48kcal (8.72%), Fat: 7.1g (10.92%), Saturated Fat: 4.3g (26.9%), Carbohydrates: 26.57g (8.86%), Net Carbohydrates: 25.72g (9.35%), Sugar: 14.7g (16.33%), Cholesterol: 17.72mg (5.91%), Sodium: 125.9mg (5.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.2%), Manganese: 0.25mg (12.4%), Selenium: 4.54µg (6.49%), Vitamin B1: 0.09mg (5.8%), Folate: 17.56µg (4.39%), Vitamin A: 205.91IU (4.12%), Iron: 0.72mg (4.01%), Phosphorus: 37.45mg (3.75%), Vitamin B2: 0.06mg (3.43%), Fiber: 0.85g (3.41%), Vitamin B3: 0.54mg (2.68%), Magnesium: 10.22mg (2.56%), Calcium: 25.58mg (2.56%), Copper: 0.05mg (2.36%), Zinc: 0.26mg (1.71%), Vitamin E: 0.23mg (1.54%), Potassium: 50.01mg (1.43%), Vitamin C: 1.04mg (1.26%), Vitamin B5: 0.11mg (1.15%)