



Strawberry-Rhubarb Squares

READY IN



105 min.

SERVINGS



20

CALORIES



341 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup butter softened
- 1 cup brown sugar packed
- 1 teaspoon vanilla
- 2 cups flour all-purpose
- 1.5 cups oats
- 0.7 cup nuts chopped
- 0.5 teaspoon baking soda
- 0.3 teaspoon salt
- 2 cups granulated sugar

- 0.7 cup flour all-purpose
- 2 tablespoons milk
- 4 eggs
- 4 cups strawberries sliced (2 pints)
- 4 cups rhubarb sliced (8 stalks)
- 1 serving whipped cream

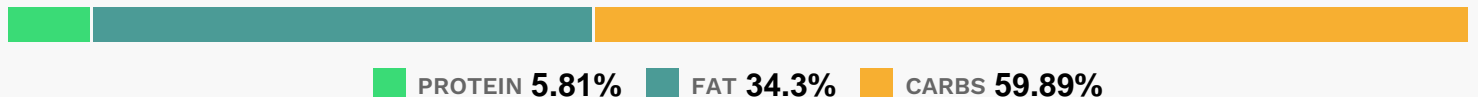
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 375°F. In medium bowl, mix butter, brown sugar and vanilla with spoon. Stir in 2 cups flour, the oats, nuts, baking soda and salt until crumbly. Reserve 2 cups crumbly mixture. Press remaining crumbly mixture in ungreased 15x10x1-inch pan.
- In large bowl, mix granulated sugar, 2/3 cup flour, the milk and eggs with spoon until smooth. Fold in strawberries and rhubarb. Spoon filling onto crust.
- Sprinkle with reserved crumbly mixture.
- Bake 40 to 50 minutes or until topping is golden brown and filling is set. Cool slightly, about 30 minutes. For serving pieces, cut into 5 rows by 4 rows.
- Serve with whipped cream. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:23.04, Glycemic Load:26.51, Inflammation Score:-6, Nutrition Score:8.9826087070548%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 341.32kcal (17.07%), Fat: 13.34g (20.52%), Saturated Fat: 2.68g (16.76%), Carbohydrates: 52.41g (17.47%), Net Carbohydrates: 49.94g (18.16%), Sugar: 32.59g (36.21%), Cholesterol: 33.14mg (11.05%), Sodium: 182.2mg (7.92%), Alcohol: 0.07g (100%), Alcohol %: 0.06% (100%), Protein: 5.08g (10.16%), Manganese: 0.64mg (31.9%), Vitamin C: 18.93mg (22.94%), Selenium: 11.09µg (15.84%), Vitamin B1: 0.19mg (12.71%), Folate: 47.83µg (11.96%), Magnesium: 40.18mg (10.05%), Phosphorus: 99.33mg (9.93%), Fiber: 2.47g (9.88%), Vitamin A: 487.06IU (9.74%), Vitamin B2: 0.16mg (9.62%), Iron: 1.65mg (9.15%), Vitamin K: 8.06µg (7.68%), Vitamin B3: 1.47mg (7.34%), Copper: 0.14mg (7%), Potassium: 217.53mg (6.22%), Calcium: 54.16mg (5.42%), Zinc: 0.68mg (4.57%), Vitamin E: 0.65mg (4.33%), Vitamin B5: 0.4mg (3.96%), Vitamin B6: 0.07mg (3.43%), Vitamin B12: 0.1µg (1.64%), Vitamin D: 0.19µg (1.29%)