

Raspberry Bars

Eileen Barlock

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Yield: 18 to 36 bars

3/4 cup butter or margarine
1 cup brown sugar, firmly packed
1 1/2 cups all-purpose flour
1 teaspoon salt
1/2 teaspoon baking soda
1 1/2 cups quick oats
1 jar (10 ounce) raspberry preserves
chopped nuts (optional)

Preheat the oven to 400 degrees.

In the large bowl of an electric mixer, cream the butter and sugar until light and fluffy. Add the flour, soda and salt. Mix well. Stir in the oats (the mixture will be crumbly). Press one-half of the mixture into a greased 13x9x2-inch baking pan.

Spread the preserves over the top. Sprinkle the remaining one-half of the dough over the preserves, sealing the outer edges. Sprinkle with nuts, if desired.

Bake for 20 to 25 minutes.

Remove from the oven and cool before cutting into bars.

Per Serving (excluding unknown items): 2447 Calories; 140g Fat (50.8% calories from fat); 21g Protein; 284g Carbohydrate; 5g Dietary Fiber; 373mg Cholesterol; 4226mg Sodium. Exchanges: 9 1/2 Grain(Starch); 27 1/2 Fat; 9 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	2447	Vitamin B6 (mg):	.1mg
% Calories from Fat:	50.8%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	45.9%	Thiamin B1 (mg):	1.5mg
% Calories from Protein:	3.4%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	140g	Folacin (mcg):	295mcg
Saturated Fat (g):	86g	Niacin (mg):	11mg

Monounsaturated Fat (g): 40g
Polyunsaturated Fat (g): 6g
Cholesterol (mg): 373mg
Carbohydrate (g): 284g
Dietary Fiber (g): 5g
Protein (g): 21g
Sodium (mg): 4226mg
Potassium (mg): 747mg
Calcium (mg): 206mg
Iron (mg): 12mg
Zinc (mg): 2mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 5202IU
Vitamin A (r.e.): 1287 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 9 1/2
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 27 1/2
Other Carbohydrates: 9 1/2

Nutrition Facts

Amount Per Serving

Calories 2447 **Calories from Fat:** 1242

% Daily Values*

Total Fat 140g	215%
Saturated Fat 86g	431%
Cholesterol 373mg	124%
Sodium 4226mg	176%
Total Carbohydrates 284g	95%
Dietary Fiber 5g	20%
Protein 21g	
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Vitamin A	104%
Vitamin C	0%
Calcium	21%
Iron	65%

* Percent Daily Values are based on a 2000 calorie diet.