

Sour Cream Raisin Bars

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"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

CRUST

1 cup margarine
1 cup brown sugar
1 3/4 cups flour
1 teaspoon baking soda
1 3/4 cups oatmeal

FILLING

pinch salt
2 cups raisins
1/2 cup water
2 cups sour cream
1 1/2 cups sugar (half brown and half white)
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon cloves
3 tablespoons cornstarch
1/2 teaspoon vanilla
4 egg yolks

Preheat the oven to 350 degrees.

In a bowl, mix the margarine, brown sugar, flour, baking soda and oatmeal. Pat two-thirds of the mixture into a greased 13x9x2-inch baking pan.

In a saucepan, place the salt, raisins and water. Bring to a boil for about 5 minutes.

Add the sour cream, sugar mixture, cinnamon, nutmeg, cloves, cornstarch, vanilla and egg yolks. Boil until slightly thick. Pour over the crust.

Sprinkle the remaining crumb mixture across the top.

Bake for 25 to 30 minutes.

Per Serving (excluding unknown items): 5715 Calories; 312g Fat (47.9% calories from fat); 83g Protein; 680g Carbohydrate; 35g Dietary Fiber; 1055mg Cholesterol; 3774mg Sodium. Exchanges: 19 Grain(Starch); 1 Lean Meat; 15 Fruit; 1 1/2 Non-Fat Milk; 60 1/2 Fat; 9 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	5715	Vitamin B6 (mg):	1.3mg
% Calories from Fat:	47.9%	Vitamin B12 (mcg):	3.6mcg
% Calories from Carbohydrates:	46.5%	Thiamin B1 (mg):	3.5mg
% Calories from Protein:	5.6%	Riboflavin B2 (mg):	2.7mg
Total Fat (g):	312g	Folacin (mcg):	265mcg

Saturated Fat (g): 101g
Monounsaturated Fat (g): 126g
Polyunsaturated Fat (g): 65g
Cholesterol (mg): 1055mg
Carbohydrate (g): 680g
Dietary Fiber (g): 35g
Protein (g): 83g
Sodium (mg): 3774mg
Potassium (mg): 4253mg
Calcium (mg): 1102mg
Iron (mg): 29mg
Zinc (mg): 10mg
Vitamin C (mg): 15mg
Vitamin A (i.u.): 13172IU
Vitamin A (r.e.): 3302RE

Niacin (mg): 17mg
Caffeine (mg): 0mg
Alcohol (kcal): 6
% Refused: n n%

Food Exchanges

Grain (Starch): 19
Lean Meat: 1
Vegetable: 0
Fruit: 15
Non-Fat Milk: 1 1/2
Fat: 60 1/2
Other Carbohydrates: 9 1/2

Nutrition Facts

Amount Per Serving

Calories 5715 **Calories from Fat:** 2737

% Daily Values*

Total Fat	312g	480%
Saturated Fat	101g	503%
Cholesterol	1055mg	352%
Sodium	3774mg	157%
Total Carbohydrates	680g	227%
Dietary Fiber	35g	139%
Protein	83g	
Vitamin A		263%
Vitamin C		25%
Calcium		110%
Iron		158%

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