

Apple-Date Bars

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



277 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup apple sauce
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 7 tablespoons butter softened
- ☐ 1 cup dates pitted chopped
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 1 teaspoon flour all-purpose

- ☐ 9 ounces flour all-purpose
- ☐ 1.5 cups apples i use 2 granny smith apples peeled chopped (1 large)
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 0.7 cup pecans chopped
- ☐ 1.5 cups delicious apple red peeled chopped (1 large)
- ☐ 0.3 teaspoon salt
- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract

Equipment

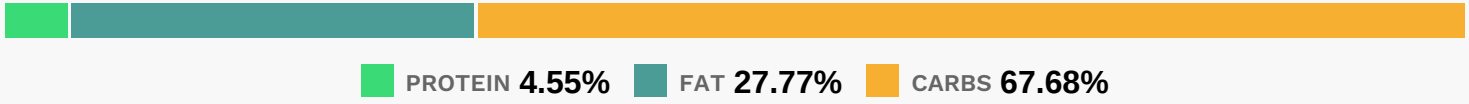
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 32
- ☐ Lightly spoon 2 cups flour into dry measuring cups; level with a knife.
- ☐ Combine 2 cups flour, baking soda, baking powder, cinnamon, and salt in a large bowl; stir with a whisk. Set aside.
- ☐ Place sugar and butter in a large bowl, and beat with a mixer at high speed for 2 minutes or until light and fluffy.
- ☐ Add egg and egg whites, beating well after each addition. Stir in applesauce and vanilla. Gradually add flour mixture to sugar mixture; stir just until combined to form a stiff batter. Toss dates with 1 teaspoon flour. Toss apples with juice.

- ☐
- Add dates, apples, and nuts to flour mixture, stirring just until combined.
- ☐
- Pour batter into a 13 x 9-inch baking dish coated with cooking spray.
- ☐
- Bake at 325 for 1 hour and 5 minutes or until a wooden pick inserted in center comes out clean. Cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:30.82, Glycemic Load:30.47, Inflammation Score:-3, Nutrition Score:5.0878260848315%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 2.01mg, Epicatechin: 2.01mg, Epicatechin: 2.01mg, Epicatechin: 2.01mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 277.4kcal (13.87%), Fat: 8.86g (13.63%), Saturated Fat: 3.56g (22.26%), Carbohydrates: 48.57g (16.19%), Net Carbohydrates: 46.33g (16.85%), Sugar: 33.88g (37.64%), Cholesterol: 24.79mg (8.26%), Sodium: 183mg (7.96%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 3.27g (6.54%), Manganese: 0.36mg (18.06%), Selenium: 7.91µg (11.3%), Vitamin B1: 0.17mg (11.18%), Fiber: 2.24g (8.97%), Folate: 34.83µg (8.71%), Vitamin B2: 0.14mg (8.12%), Iron: 1.1mg (6.09%), Vitamin B3: 1.15mg (5.77%), Copper: 0.11mg (5.47%), Phosphorus: 52.22mg (5.22%), Potassium: 137.85mg (3.94%), Magnesium: 15.36mg (3.84%), Vitamin A: 187.36IU (3.75%), Calcium: 29.87mg (2.99%), Zinc: 0.41mg (2.71%), Vitamin B5: 0.24mg (2.43%), Vitamin B6: 0.05mg (2.42%), Vitamin E: 0.3mg (2.02%), Vitamin C: 1.27mg (1.53%), Vitamin K: 1.45µg (1.38%)