



Apricot-Banana Bars

 Dairy Free

READY IN



45 min.

SERVINGS



50

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 oz apricot preserves (1 cup plus 2 tablespoons)
- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 1 teaspoon vanilla
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup banana ripe mashed (2 medium)
- ☐ 0.5 cup pecans chopped

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups powdered sugar
- ☐ 2 tablespoons apricot preserves
- ☐ 1 tablespoon water

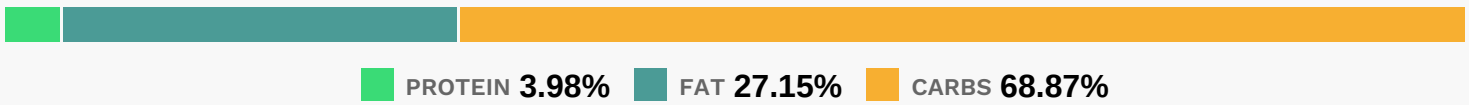
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Grease bottom and sides of 15x10x1-inch pan with shortening; lightly flour. Reserve 2 tablespoons of the preserves for Apricot Glaze.
- ☐ In large bowl, mix brown sugar and butter. Stir remaining preserves, the vanilla and eggs into brown sugar mixture. Stir in remaining bar ingredients until dry ingredients are moistened.
- ☐ Spread in pan.
- ☐ Bake about 30 minutes or until golden brown. Meanwhile, in small bowl, mix glaze ingredients until smooth and spreadable.
- ☐ Spread glaze over warm bars; cool. For bars, cut into 10 rows by 5 rows.

Nutrition Facts



Properties

Glycemic Index:4.64, Glycemic Load:3.03, Inflammation Score:-1, Nutrition Score:1.5173913159448%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin:

0.24mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg
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0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate:
0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg,
Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 91.79kcal (4.59%), Fat: 2.85g (4.39%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 16.27g (5.42%), Net
Carbohydrates: 15.95g (5.8%), Sugar: 10.37g (11.52%), Cholesterol: 6.55mg (2.18%), Sodium: 59.14mg (2.57%),
Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Protein: 0.94g (1.88%), Manganese: 0.1mg (4.76%), Selenium:
2.51µg (3.59%), Vitamin B1: 0.05mg (3.21%), Folate: 10.8µg (2.7%), Vitamin B2: 0.04mg (2.3%), Vitamin A: 108.34IU
(2.17%), Iron: 0.37mg (2.04%), Vitamin B3: 0.33mg (1.66%), Copper: 0.03mg (1.64%), Phosphorus: 15.04mg (1.5%),
Fiber: 0.32g (1.28%), Calcium: 12.31mg (1.23%), Vitamin C: 0.88mg (1.07%)