



Apricot - Date Bars

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



97 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons all-natural apricot nectar
- ☐ 1.8 cups stewed apricots drained
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 1 cup dates pitted chopped
- ☐ 2 cups flour all-purpose
- ☐ 2 cups cooking oats quick
- ☐ 0.8 cup shortening melted

- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

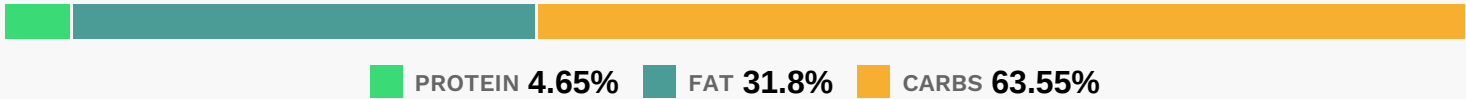
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ To Make Filling: Cook together the dates, drained cooked apricots, white sugar and apricot juice. Cook for about three minutes, or until it resembles jam.
- ☐ Mix together melted shortening (part butter), brown sugar, all-purpose flour, baking soda, quick cooking oats, and vanilla.
- ☐ Press half of the crust mixture on bottom of well greased 9 x 12 x 2 inch pan. Cover with filling. Top with rest of crumbs. Press down gently.
- ☐ Bake for 30 minutes at 350 degrees F (175 degrees C).

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:6.9, Inflammation Score:-2, Nutrition Score:2.2330434866573%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 97.18kcal (4.86%), Fat: 3.53g (5.43%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 15.87g (5.29%), Net Carbohydrates: 15.05g (5.47%), Sugar: 9.14g (10.16%), Cholesterol: 0mg (0%), Sodium: 24.61mg (1.07%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Protein: 1.16g (2.32%), Manganese: 0.2mg (9.83%), Selenium: 3.08µg (4.4%), Vitamin B1: 0.06mg (4.23%), Fiber: 0.82g (3.27%), Magnesium: 12.6mg (3.15%), Folate: 11.75µg (2.94%), Iron: 0.49mg (2.71%), Phosphorus: 24.52mg (2.45%), Vitamin A: 117.25IU (2.35%), Vitamin B3: 0.41mg (2.07%), Vitamin B2:

0.03mg (2.04%), Vitamin K: 2.1µg (2%), Vitamin E: 0.28mg (1.85%), Potassium: 59.07mg (1.69%), Copper: 0.03mg (1.66%), Zinc: 0.17mg (1.11%), Vitamin B5: 0.11mg (1.07%)