



Brown Sugar Chews



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



16

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup coconut or flaked
- ☐ 1 eggs
- ☐ 0.5 cup flour all-purpose sifted
- ☐ 1 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract

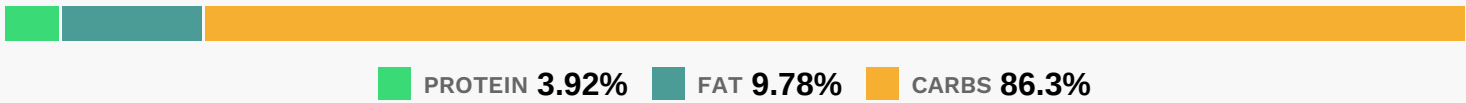
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease an 8x8 inch baking pan.
- ☐ In a medium bowl, stir together the egg, brown sugar and vanilla until just blended.
- ☐ Combine the flour, baking soda and salt, quickly stir into the egg mixture. Fold in the coconut and raisins, then spread the batter evenly into the prepared pan.
- ☐ Bake for 18 to 20 minutes in the preheated oven, until bars are golden brown. Cool and cut into squares.

Nutrition Facts



Properties

Glycemic Index:8.36, Glycemic Load:5.98, Inflammation Score:-1, Nutrition Score:1.8173912940142%

Nutrients (% of daily need)

Calories: 106.71kcal (5.34%), Fat: 1.21g (1.86%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 23.95g (7.98%), Net Carbohydrates: 23.01g (8.37%), Sugar: 13.49g (14.99%), Cholesterol: 10.23mg (3.41%), Sodium: 64.32mg (2.8%), Alcohol: 0.09g (100%), Alcohol %: 0.35% (100%), Protein: 1.09g (2.17%), Manganese: 0.1mg (4.88%), Selenium: 2.63µg (3.76%), Fiber: 0.94g (3.75%), Iron: 0.61mg (3.37%), Potassium: 108.62mg (3.1%), Vitamin B2: 0.05mg (2.94%), Vitamin B1: 0.04mg (2.85%), Copper: 0.05mg (2.61%), Folate: 8.97µg (2.24%), Phosphorus: 19.76mg (1.98%), Vitamin B3: 0.36mg (1.79%), Vitamin B6: 0.03mg (1.66%), Calcium: 16.47mg (1.65%), Magnesium: 6.37mg (1.59%)