



## Brown Sugar Date Squares

READY IN



50 min.

SERVINGS



24

CALORIES



369 kcal

DESSERT

### Ingredients

- 0.5 teaspoon baking soda
- 1 cup brown sugar packed
- 1 cup butter cold cubed
- 1 pound dates whole pitted
- 1.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1.5 cups rolled oats
- 0.7 cup orange juice
- 3 teaspoons vanilla extract

- 24 servings whipped cream
- 0.8 cup walnut pieces coarsely chopped

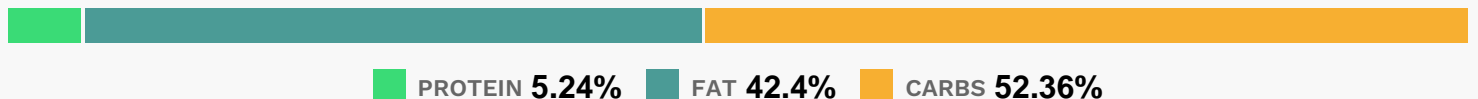
## Equipment

- bowl
- sauce pan
- oven
- wire rack
- baking pan

## Directions

- In a small saucepan, combine the dates, brown sugar and orange juice. Bring to a boil. Reduce heat; simmer, uncovered, for 3–4 minutes or until thickened and dates are tender, stirring constantly.
- Remove from the heat; stir in vanilla.
- In a large bowl, combine the flour, oats, brown sugar, cinnamon, baking soda and salt.
- Cut in butter until crumbly. Press half into a greased 13-in. x 9-in. baking dish. Carefully spread with date mixture.
- Stir walnuts into remaining crumb mixture.
- Sprinkle over filling; press down gently.
- Bake at 350° for 25–30 minutes or until lightly browned. Cool on a wire rack.
- Cut into squares.
- Serve with ice cream if desired.

## Nutrition Facts



## Properties

Glycemic Index:14.79, Glycemic Load:21.71, Inflammation Score:-5, Nutrition Score:7.6165216850198%

## Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## **Nutrients (% of daily need)**

Calories: 368.87kcal (18.44%), Fat: 17.81g (27.4%), Saturated Fat: 9.64g (60.27%), Carbohydrates: 49.49g (16.5%), Net Carbohydrates: 46.49g (16.91%), Sugar: 35.68g (39.65%), Cholesterol: 49.38mg (16.46%), Sodium: 140.02mg (6.09%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 4.95g (9.9%), Manganese: 0.44mg (21.97%), Vitamin B2: 0.23mg (13.45%), Phosphorus: 126.77mg (12.68%), Fiber: 3g (12%), Calcium: 110.77mg (11.08%), Vitamin A: 530.87IU (10.62%), Vitamin B1: 0.14mg (9.38%), Potassium: 327.49mg (9.36%), Selenium: 6.26µg (8.94%), Magnesium: 33.74mg (8.43%), Copper: 0.15mg (7.56%), Folate: 28.84µg (7.21%), Vitamin B5: 0.64mg (6.43%), Zinc: 0.88mg (5.86%), Iron: 1.02mg (5.69%), Vitamin B6: 0.1mg (4.9%), Vitamin C: 3.97mg (4.81%), Vitamin B3: 0.92mg (4.6%), Vitamin B12: 0.27µg (4.56%), Vitamin E: 0.48mg (3.22%), Vitamin K: 1.63µg (1.55%)