



Carrot Bars

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 3 tablespoons butter
- ☐ 1 cup carrots grated
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 1 teaspoon ground nutmeg
- ☐ 0.5 cup orange juice

- ☐ 1 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 1 cup walnuts chopped
- ☐ 1 cup water
- ☐ 0.8 cup sugar white

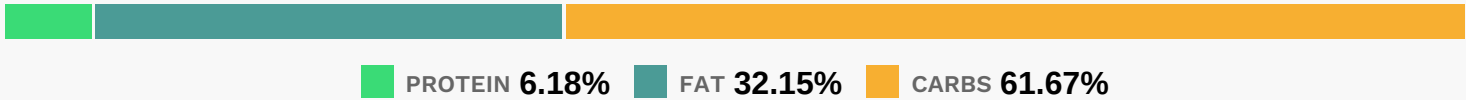
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 325 degrees F (160 degrees C). Grease a 9x13 inch baking pan.
- ☐ In a small saucepan, combine sugar, carrots, spices, raisins, water, orange juice and butter. Bring to a boil, reduce heat and simmer for 5 minutes.
- ☐ Pour mixture into a large bowl and cool to lukewarm.
- ☐ Add flour, baking soda, and salt to the carrot mixture.
- ☐ Mix well, and stir in walnuts.
- ☐ Bake for 35 to 40 minutes in the preheated oven, or until a toothpick comes out clean.

Nutrition Facts



Properties

Glycemic Index:18.66, Glycemic Load:13.19, Inflammation Score:-6, Nutrition Score:4.4447826012645%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 129.68kcal (6.48%), Fat: 4.82g (7.41%), Saturated Fat: 1.25g (7.83%), Carbohydrates: 20.79g (6.93%), Net Carbohydrates: 19.53g (7.1%), Sugar: 7.11g (7.9%), Cholesterol: 3.76mg (1.25%), Sodium: 133.21mg (5.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.17%), Vitamin A: 946.49IU (18.93%), Manganese: 0.33mg (16.47%), Vitamin B1: 0.11mg (7.59%), Folate: 26.73µg (6.68%), Copper: 0.12mg (5.95%), Selenium: 3.88µg (5.55%), Fiber: 1.27g (5.07%), Iron: 0.83mg (4.62%), Vitamin B2: 0.08mg (4.5%), Vitamin B3: 0.81mg (4.07%), Vitamin C: 3.29mg (3.99%), Phosphorus: 36.13mg (3.61%), Magnesium: 13.57mg (3.39%), Potassium: 111.94mg (3.2%), Vitamin B6: 0.05mg (2.61%), Zinc: 0.26mg (1.72%), Calcium: 12.67mg (1.27%), Vitamin K: 1.14µg (1.08%), Vitamin B5: 0.1mg (1.03%)