

Carrot Cake Bars

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



108 kcal

Ingredients

- 1 teaspoon double-acting baking powder
- 2 cups carrots shredded (from 5 medium carrots)
- 0.3 teaspoon ground allspice
- 1.3 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 1 teaspoon ground ginger
- 0.5 teaspoon nutmeg
- 5.5 ounces medjool dates
- 0.8 cup pastry flour gluten-free whole wheat white (such as brown rice flour)

- 0.5 cup raisins
- 0.8 cup apple sauce unsweetened
- 1 teaspoon vanilla extract (or 2 tsp. regular)
- 2 tablespoons walnut pieces chopped

Equipment

- food processor
- bowl
- frying pan
- oven

Directions

- Place the pitted dates in a food processor and pulse until the dates are chopped and begin to form a paste. Scrape them into a bowl and add all ingredients EXCEPT flour, baking powder, and walnuts. Stir until all ingredients are well-blended.
- Combine the flour and baking powder in a small bowl and mix well.
- Add the flour mixture to the wet ingredients and stir until just blended. Spoon it into the prepared pan, sprinkle with walnuts if desired, and press them lightly into the batter with the back of a spoon.
- Bake for 30 minutes. Allow to cool before cutting into bars and serving.

Nutrition Facts



Properties

Glycemic Index:25.64, Glycemic Load:3.35, Inflammation Score:-9, Nutrition Score:8.1917391704476%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Myricetin: 0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 108.24kcal (5.41%), Fat: 1.44g (2.21%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 24.38g (8.13%), Net Carbohydrates: 21.25g (7.73%), Sugar: 11.23g (12.48%), Cholesterol: 0mg (0%), Sodium: 52.56mg (2.29%), Alcohol: 0.11g (100%), Alcohol %: 0.22% (100%), Protein: 1.89g (3.78%), Vitamin A: 3589.75IU (71.79%), Manganese: 0.56mg (27.98%), Fiber: 3.13g (12.52%), Potassium: 259mg (7.4%), Selenium: 4.92µg (7.03%), Copper: 0.14mg (6.96%), Magnesium: 25.63mg (6.41%), Phosphorus: 61.34mg (6.13%), Vitamin B6: 0.12mg (5.93%), Vitamin B1: 0.08mg (5.01%), Vitamin B3: 0.91mg (4.56%), Calcium: 44.3mg (4.43%), Iron: 0.79mg (4.37%), Vitamin K: 3.53µg (3.36%), Vitamin B2: 0.05mg (3.02%), Folate: 11.69µg (2.92%), Zinc: 0.38mg (2.56%), Vitamin B5: 0.23mg (2.28%), Vitamin C: 1.79mg (2.17%), Vitamin E: 0.24mg (1.58%)