

Carrot-Cake Bars

READY IN



45 min.

SERVINGS



12

CALORIES



160 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.7 cup brown sugar packed
- ☐ 1 cup carrots shredded
- ☐ 2 large egg whites
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.8 cup buttermilk low-fat
- ☐ 2 tablespoons butter softened
- ☐ 1.5 cups regular oats

- ☐ 0.5 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup flour whole-wheat

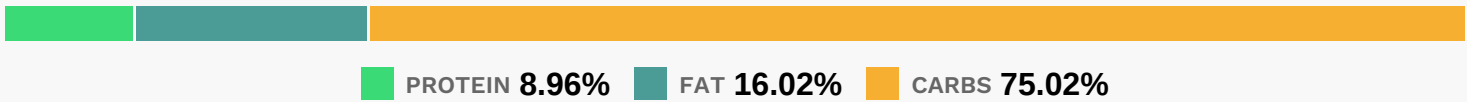
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Beat sugar and margarine at medium speed of a mixer until well-blended (about 5 minutes).
- ☐ Add buttermilk, vanilla, and egg whites; beat well. Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 5 ingredients (flour through salt); gradually add to sugar mixture, beating just until blended. Stir in carrot and raisins.
- ☐ Pour batter into an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Bake at 350 for 33 minutes or until a wooden pick inserted in center comes out almost clean. Cool in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:20.22, Glycemic Load:5.39, Inflammation Score:-8, Nutrition Score:7.6713043995526%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 159.98kcal (8%), Fat: 2.96g (4.55%), Saturated Fat: 0.65g (4.05%), Carbohydrates: 31.15g (10.38%), Net Carbohydrates: 28.53g (10.37%), Sugar: 13.3g (14.77%), Cholesterol: 0.6mg (0.2%), Sodium: 208.53mg (9.07%), Alcohol: 0.1g (100%), Alcohol %: 0.21% (100%), Protein: 3.72g (7.44%), Vitamin A: 1873.65IU (37.47%), Manganese: 0.74mg (37.16%), Selenium: 9.16µg (13.09%), Phosphorus: 106.53mg (10.65%), Fiber: 2.63g (10.5%), Calcium: 82.57mg (8.26%), Magnesium: 31.1mg (7.78%), Vitamin B1: 0.1mg (6.91%), Iron: 1.08mg (5.98%), Potassium: 198.1mg (5.66%), Vitamin B2: 0.09mg (5.52%), Copper: 0.1mg (5.15%), Zinc: 0.67mg (4.48%), Vitamin B6: 0.08mg (3.88%), Vitamin B3: 0.69mg (3.45%), Vitamin B5: 0.26mg (2.61%), Folate: 9.88µg (2.47%), Vitamin K: 1.82µg (1.73%), Vitamin E: 0.25mg (1.67%), Vitamin C: 1.12mg (1.35%)