



Carrot-Orange Bars

 Vegetarian

READY IN



50 min.

SERVINGS



24

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons double-acting baking powder
- 0.8 cup butter softened
- 1 cup carrots cooked mashed
- 0.5 cup coconut flakes flaked
- 1.5 cups powdered sugar
- 1 eggs
- 2 cups flour all-purpose
- 0.5 teaspoon nutmeg

- 0.5 cup orange juice
- 1 teaspoon orange zest
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 0.5 cup granulated sugar white

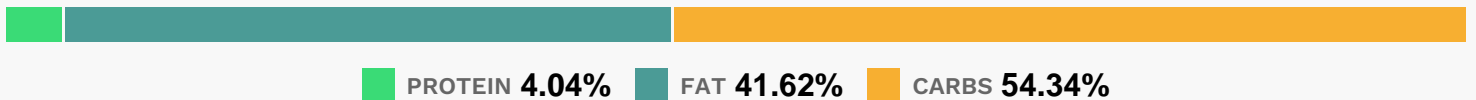
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease an 11x7 inch pan.
- In a medium bowl, cream the butter, sugar, egg and vanilla until well blended. Sift together the flour, baking powder, salt and nutmeg and slowly add to mixture, alternating with 1/3 cup orange juice and 2 teaspoons of rind. Stir in the coconut and carrots.
- Pour batter into baking pan.
- Bake for about 35 minutes in the preheated oven.
- Let cool on wire racks.
- Combine 1/2 cup of orange juice, 1 teaspoon of orange rind and 1 1/2 cups confectioners' sugar. Warm slightly and pour over cooled bars.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:9.2, Inflammation Score:-6, Nutrition Score:3.5700000142274%

Flavonoids

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 Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 153.77kcal (7.69%), Fat: 7.22g (11.11%), Saturated Fat: 4.75g (29.67%), Carbohydrates: 21.22g (7.07%), Net Carbohydrates: 20.48g (7.45%), Sugar: 12.38g (13.76%), Cholesterol: 22.07mg (7.36%), Sodium: 136.81mg (5.95%), Alcohol: 0.06g (100%), Alcohol %: 0.17% (100%), Protein: 1.58g (3.16%), Vitamin A: 1088.89IU (21.78%), Selenium: 4.58µg (6.54%), Manganese: 0.13mg (6.54%), Vitamin B1: 0.09mg (6.16%), Folate: 22.92µg (5.73%), Vitamin B2: 0.07mg (4.18%), Vitamin C: 3.04mg (3.68%), Iron: 0.65mg (3.6%), Vitamin B3: 0.71mg (3.53%), Phosphorus: 30.4mg (3.04%), Fiber: 0.75g (2.99%), Calcium: 27.04mg (2.7%), Copper: 0.04mg (1.83%), Vitamin E: 0.24mg (1.57%), Potassium: 53.27mg (1.52%), Magnesium: 5.66mg (1.42%), Vitamin B5: 0.12mg (1.21%), Vitamin K: 1.25µg (1.19%), Vitamin B6: 0.02mg (1.15%), Zinc: 0.16mg (1.04%)