



Chewy Maple Bars

READY IN



85 min.

SERVINGS



24

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 1 teaspoon peppermint flavoring
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon baking soda
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup almonds sliced
- ☐ 1 cup powdered sugar

- ☐ 0.3 teaspoon peppermint flavoring
- ☐ 4 teaspoons milk

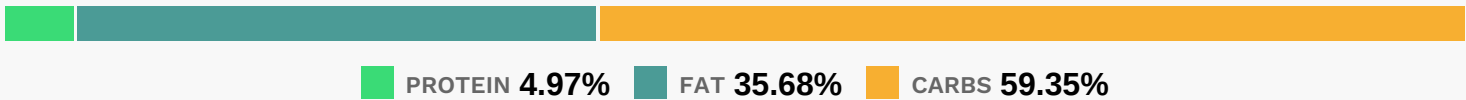
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F (if using dark or nonstick pan, heat oven to 325°F). Lightly grease bottom and sides of 13x9-inch pan with shortening or spray with cooking spray.
- ☐ In large bowl, beat brown sugar, butter, maple flavor and egg with electric mixer on medium speed, or mix with spoon. Stir in flour, baking soda, salt and 1/2 cup of the almonds. Pat dough in pan with lightly floured fingers.
- ☐ Bake 15 to 20 minutes or until golden brown. Cool completely, about 45 minutes.
- ☐ Meanwhile, in small bowl, stir all Maple Icing ingredients until smooth and thin enough to drizzle.
- ☐ Drizzle cooled bars with Maple Icing; sprinkle with remaining 1/4 cup almonds.
- ☐ Let stand 5 minutes or until set. For bars, cut into 6 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:4.35, Inflammation Score:-2, Nutrition Score:2.5117391493657%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg,

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Nutrients (% of daily need)

Calories: 136.49kcal (6.82%), Fat: 5.52g (8.49%), Saturated Fat: 0.98g (6.15%), Carbohydrates: 20.66g (6.89%), Net Carbohydrates: 20.09g (7.31%), Sugar: 13.97g (15.53%), Cholesterol: 6.92mg (2.31%), Sodium: 120.19mg (5.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Manganese: 0.13mg (6.28%), Vitamin E: 0.91mg (6.05%), Selenium: 3.49µg (4.98%), Vitamin B2: 0.08mg (4.92%), Vitamin B1: 0.07mg (4.59%), Folate: 16.56µg (4.14%), Vitamin A: 180.44IU (3.61%), Iron: 0.57mg (3.16%), Vitamin B3: 0.58mg (2.89%), Phosphorus: 28.19mg (2.82%), Magnesium: 10.77mg (2.69%), Copper: 0.05mg (2.34%), Fiber: 0.57g (2.28%), Calcium: 20.05mg (2%), Potassium: 47.5mg (1.36%), Zinc: 0.17mg (1.17%)