



## Chewy Orange-Date Bars

 Dairy Free

READY IN



140 min.

SERVINGS



48

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 box cake mix yellow
- ☐ 0.8 cup oats
- ☐ 0.8 cup butter melted
- ☐ 1 tablespoon orange zest grated
- ☐ 3 eggs
- ☐ 2 cups dates chopped (from two 8-oz packages)
- ☐ 2 cups walnut pieces chopped

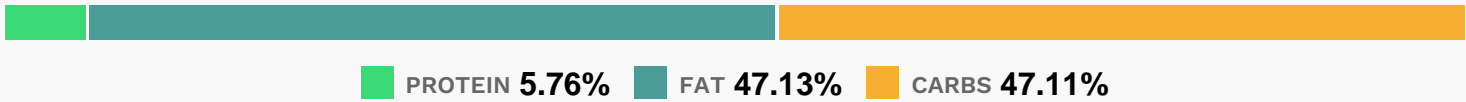
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks

## Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom and sides of 15x10x1-inch pan with baking spray with flour.
- ☐ In large bowl, beat cake mix, oats, butter, orange peel and eggs with electric mixer on medium speed about 1 minute or until batter is thick. Stir in dates and walnuts.
- ☐ Spread in pan.
- ☐ Bake 22 to 26 minutes or until top is golden brown and toothpick inserted in center comes out clean. Cool on cooling rack 10 minutes. Run knife around sides of pan to loosen bars. Cool completely, about 1 hour 30 minutes. For bars, cut into 8 rows by 6 rows. Store covered.

## Nutrition Facts



## Properties

Glycemic Index:2.85, Glycemic Load:2.69, Inflammation Score:-2, Nutrition Score:3.0134782609732%

## Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 123.05kcal (6.15%), Fat: 6.71g (10.32%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 15.08g (5.03%), Net Carbohydrates: 14.01g (5.09%), Sugar: 8.7g (9.67%), Cholesterol: 10.23mg (3.41%), Sodium: 116.03mg (5.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.69%), Manganese: 0.26mg (12.91%), Phosphorus: 66.14mg (6.61%), Copper: 0.1mg (5.23%), Fiber: 1.08g (4.31%), Magnesium: 15.3mg (3.82%), Folate: 15.04µg (3.76%), Vitamin B1: 0.05mg (3.54%), Calcium: 33.29mg (3.33%), Vitamin B2: 0.05mg (3.04%), Iron: 0.54mg (2.98%),

Selenium: 2.02µg (2.89%), Vitamin A: 143.83IU (2.88%), Vitamin B6: 0.05mg (2.55%), Potassium: 76.83mg (2.2%),  
Vitamin B3: 0.4mg (1.98%), Vitamin E: 0.28mg (1.9%), Zinc: 0.27mg (1.83%), Vitamin B5: 0.16mg (1.58%)