

Chewy Walnut Bars

 Vegetarian  Dairy Free  Low Fod Map

READY IN



40 min.

SERVINGS



36

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups baking mix
- 2.3 cups brown sugar packed
- 4 eggs
- 2 cups walnut pieces chopped

Equipment

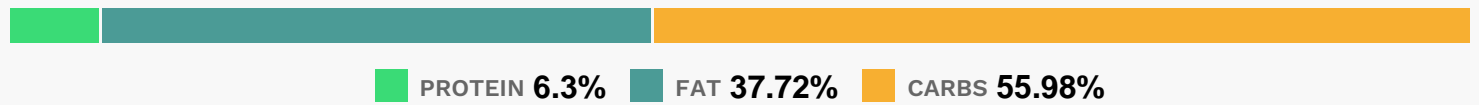
- bowl
- oven
- wire rack

baking pan

Directions

- In a large bowl, combine brown sugar and biscuit mix. Beat in eggs until well blended. Fold in walnuts.
- Pour into a greased 13-in. x 9-in. baking pan.
- Bake at 350° for 30–35 minutes or until golden brown. Cool on wire rack.
- Cut into bars.

Nutrition Facts



Properties

Glycemic Index:0.56, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:2.9630434590837%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg

Nutrients (% of daily need)

Calories: 132.22kcal (6.61%), Fat: 5.73g (8.81%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 19.13g (6.38%), Net Carbohydrates: 18.56g (6.75%), Sugar: 14.8g (16.44%), Cholesterol: 18.32mg (6.11%), Sodium: 96.13mg (4.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.31%), Manganese: 0.26mg (12.75%), Phosphorus: 71.74mg (7.17%), Copper: 0.12mg (6.19%), Folate: 17.14µg (4.29%), Vitamin B1: 0.06mg (4.16%), Vitamin B2: 0.06mg (3.6%), Selenium: 2.49µg (3.56%), Magnesium: 13.81mg (3.45%), Calcium: 32.88mg (3.29%), Iron: 0.56mg (3.11%), Vitamin B6: 0.05mg (2.71%), Fiber: 0.58g (2.3%), Zinc: 0.31mg (2.05%), Vitamin B3: 0.4mg (1.97%), Vitamin B5: 0.19mg (1.9%), Potassium: 65.24mg (1.86%), Vitamin B12: 0.07µg (1.16%)