

Chocolate Date Squares

 Dairy Free

READY IN



50 min.

SERVINGS



24

CALORIES



227 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.5 cup brown sugar packed
- 2 cups dates chopped
- 2 eggs
- 1.5 cups flour all-purpose
- 0.5 cup nuts chopped
- 0.5 teaspoon salt
- 6 ounces semi chocolate chips

- 0.7 cup shortening
- 1 cup sugar
- 1 cup water hot

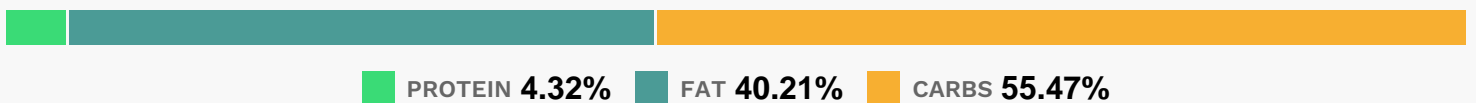
Equipment

- bowl
- oven
- wire rack
- baking pan
- toothpicks

Directions

- In a small bowl, combine dates and water; set aside to cool (do not drain). In a large bowl, cream sugar and shortening until light and fluffy. Beat in eggs.
- Combine the flour, baking soda and salt; gradually added to creamed mixture. Stir in dates.
- Pour into a greased and floured 13-in. x 9-in. baking pan.
- Combine the topping ingredients; sprinkle over batter.
- Bake at 350° for 40 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:9.45, Glycemic Load:14.54, Inflammation Score:-2, Nutrition Score:4.1595652288069%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 226.92kcal (11.35%), Fat: 10.45g (16.08%), Saturated Fat: 3.32g (20.77%), Carbohydrates: 32.45g (10.82%), Net Carbohydrates: 30.42g (11.06%), Sugar: 23.17g (25.74%), Cholesterol: 14.07mg (4.69%), Sodium: 102.81mg (4.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.1mg (2.03%), Protein: 2.53g (5.05%), Manganese: 0.24mg (12.09%), Copper: 0.17mg (8.51%), Fiber: 2.03g (8.11%), Selenium: 4.84µg (6.92%), Magnesium: 27.16mg (6.79%), Iron: 1.15mg (6.4%), Phosphorus: 54.95mg (5.5%), Vitamin B1: 0.08mg (5.24%), Folate: 19.89µg (4.97%), Potassium: 158.15mg (4.52%), Vitamin B2: 0.07mg (4.38%), Vitamin B3: 0.82mg (4.13%), Vitamin K: 3.9µg (3.72%), Zinc: 0.44mg (2.95%), Vitamin E: 0.44mg (2.93%), Vitamin B5: 0.26mg (2.65%), Vitamin B6: 0.04mg (2.16%), Calcium: 18.77mg (1.88%)