



Chocolate Squares I

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



232 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon baking soda
- 1 cup dates pitted chopped
- 2 eggs
- 1.3 cups flour all-purpose
- 1 teaspoon salt
- 1 cup semi chocolate chips
- 1 cup shortening
- 2 tablespoons cocoa powder unsweetened

- 1 teaspoon vanilla extract
- 1 cup walnuts chopped
- 1 cup water boiling
- 1 cup sugar white

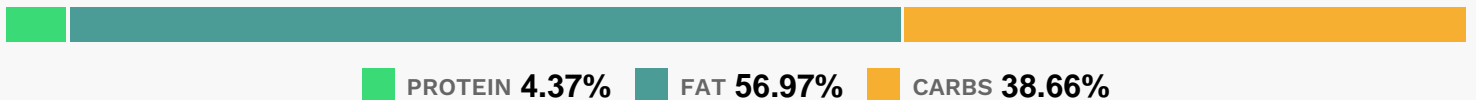
Equipment

- frying pan
- oven
- toothpicks

Directions

- Preheat oven to 350 degrees F (180 degrees C).
- Cook chopped dates and water over low heat until soft. Set aside.
- Cream together sugar and shortening.
- Add eggs and beat well. Stir in flour, salt, baking soda, cocoa and vanilla and mix well. Stir in date mixture.
- Pour in 9 x 11 inch pan and top with chocolate chips and chopped nuts.
- Bake until toothpick comes out clean. (10 - 15 minutes)

Nutrition Facts



Properties

Glycemic Index:9.05, Glycemic Load:11.85, Inflammation Score:-2, Nutrition Score:4.4756522172171%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 232.12kcal (11.61%), Fat: 15.12g (23.26%), Saturated Fat: 4.25g (26.55%), Carbohydrates: 23.08g (7.69%),
Net Carbohydrates: 21.32g (7.75%), Sugar: 15.14g (16.82%), Cholesterol: 14.09mg (4.7%), Sodium: 149.83mg (6.51%),
Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Caffeine: 7.41mg (2.47%), Protein: 2.61g (5.22%), Manganese:
0.35mg (17.36%), Copper: 0.21mg (10.73%), Fiber: 1.76g (7.03%), Magnesium: 27.7mg (6.93%), Selenium: 4.64µg
(6.63%), Iron: 1.13mg (6.3%), Phosphorus: 57.99mg (5.8%), Vitamin B1: 0.08mg (5.35%), Vitamin K: 5.42µg (5.17%),
Folate: 20.51µg (5.13%), Vitamin E: 0.65mg (4.32%), Vitamin B2: 0.07mg (4.05%), Potassium: 123.46mg (3.53%),
Zinc: 0.49mg (3.29%), Vitamin B3: 0.62mg (3.09%), Vitamin B6: 0.05mg (2.44%), Vitamin B5: 0.23mg (2.32%),
Calcium: 15.99mg (1.6%)