



Cinnamon Fig Bars with Orange Buttercream Frosting

READY IN



135 min.

SERVINGS



16

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 3 tablespoons butter softened
- ☐ 7 oz figs dried chopped ()
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 3 teaspoons milk

- ☐ 1 teaspoon orange zest grated
- ☐ 1.5 cups powdered sugar
- ☐ 0.3 cup oats
- ☐ 1.3 cups water

Equipment

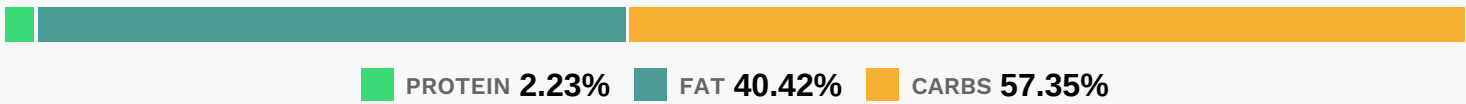
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ In 1-quart saucepan, boil filling ingredients over medium-high heat, stirring frequently, until figs are tender and most of liquid is absorbed.
- ☐ Remove from heat; cool 5 to 10 minutes.
- ☐ Pour fig mixture into food processor. Cover; process, using quick on-and-off motions, until figs are pureed; set aside.
- ☐ Heat oven to 350F. Grease 8-inch square pan with shortening or cooking spray. In large bowl, combine crust ingredients with electric mixer on low speed until crumbly. Press in bottom of pan.
- ☐ Bake 25 to 30 minutes or until center is set.
- ☐ Spread filling over crust.
- ☐ Bake 6 to 10 minutes longer or just until filling sets. Cool completely, about 1 hour 15 minutes.
- ☐ In medium bowl, beat 3 tablespoons butter with electric mixer on medium speed until blended.
- ☐ Add powdered sugar. Beat on low speed, adding milk, 1 teaspoon at a time, until mixture is smooth and desired spreading consistency. Stir in orange peel. Carefully spread over cooled bars.

Cut into 4 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:19.63, Glycemic Load:7.15, Inflammation Score:-3, Nutrition Score:2.1421739021721%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 174.93kcal (8.75%), Fat: 8.05g (12.38%), Saturated Fat: 1.67g (10.45%), Carbohydrates: 25.69g (8.56%), Net Carbohydrates: 24.98g (9.08%), Sugar: 19.56g (21.73%), Cholesterol: 0.11mg (0.04%), Sodium: 94.44mg (4.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1g (2%), Vitamin A: 367.66IU (7.35%), Manganese: 0.14mg (6.75%), Vitamin B1: 0.06mg (4.13%), Selenium: 2.59µg (3.7%), Folate: 12.05µg (3.01%), Fiber: 0.72g (2.87%), Vitamin B2: 0.04mg (2.61%), Iron: 0.42mg (2.34%), Vitamin E: 0.33mg (2.21%), Vitamin B3: 0.42mg (2.08%), Magnesium: 7.82mg (1.95%), Phosphorus: 17.29mg (1.73%), Calcium: 14.89mg (1.49%), Potassium: 50.73mg (1.45%), Copper: 0.03mg (1.4%), Vitamin B6: 0.02mg (1.06%)