



Classic Date Bars

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



230 kcal

DESSERT

Ingredients

- ☐ 1.5 cups flour
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup butter unsalted diced room temperature ()
- ☐ 1 cup t brown sugar dark packed ()
- ☐ 1.5 cups dates pitted chopped
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1 cup oats
- ☐ 0.5 teaspoon salt

- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups water

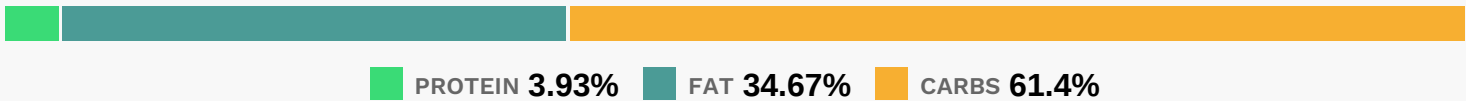
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350°F. Butter 8x8-inch metal baking pan. Bring 1 1/2 cups water to simmer in medium saucepan.
- ☐ Add dates; simmer until very soft and thick, stirring occasionally, about 10 minutes. Cool to room temperature. Stir in vanilla.
- ☐ Combine flour, sugar, oats, cinnamon, baking soda, and salt in large bowl; stir to blend.
- ☐ Add butter. Using fingertips, rub in until moist clumps form. Press half of oat mixture evenly over bottom of prepared pan.
- ☐ Spread date mixture over.
- ☐ Sprinkle with remaining oat mixture; press gently to adhere.
- ☐ Bake until brown at edges and golden brown and set in center, about 40 minutes. Cool completely in pan on rack.
- ☐ Cut into bars and serve.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:12.44, Inflammation Score:-3, Nutrition Score:4.3265217186316%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 230.45kcal (11.52%), Fat: 9.13g (14.05%), Saturated Fat: 5.55g (34.66%), Carbohydrates: 36.39g (12.13%), Net Carbohydrates: 34.36g (12.49%), Sugar: 22.2g (24.67%), Cholesterol: 22.88mg (7.63%), Sodium: 113.86mg (4.95%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 2.33g (4.66%), Manganese: 0.34mg (17.14%), Selenium: 6.13µg (8.75%), Vitamin B1: 0.12mg (8.2%), Fiber: 2.03g (8.12%), Folate: 26.15µg (6.54%), Iron: 1.02mg (5.64%), Vitamin A: 267.84IU (5.36%), Vitamin B3: 0.95mg (4.73%), Vitamin B2: 0.08mg (4.63%), Phosphorus: 45.22mg (4.52%), Magnesium: 17.31mg (4.33%), Potassium: 143.32mg (4.09%), Copper: 0.08mg (3.88%), Calcium: 26.35mg (2.64%), Vitamin B5: 0.22mg (2.2%), Zinc: 0.33mg (2.18%), Vitamin B6: 0.04mg (1.96%), Vitamin E: 0.29mg (1.91%), Vitamin K: 1.31µg (1.25%), Vitamin D: 0.16µg (1.06%)