

Date Bar Cookies

 Vegetarian

READY IN



60 min.

SERVINGS



30

CALORIES



158 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup firmly brown sugar packed
- ☐ 0.8 cup butter very cold cut into small cubes
- ☐ 3 cups dates coarsely chopped
- ☐ 1.8 cups flour
- ☐ 0.3 cup granulated sugar
- ☐ 1.5 cups old-fashioned rolled oats
- ☐ 1 teaspoon salt

☐ 1.5 cups water

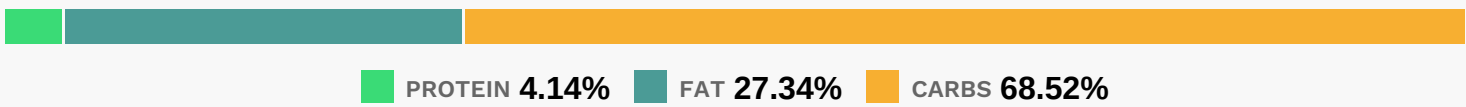
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ In a nonreactive medium saucepan over low heat, combine dates, granulated sugar, and water. Cook, stirring constantly, until thickened, about 15 minutes. Cool completely. In a large bowl or bowl of an electric mixer, place brown sugar, flour, baking soda, salt, and oats.
- ☐ Mix on low speed until combined. While mixer is running, add butter, 1 piece or 2 at a time.
- ☐ Mix until crumb like, with some lumps of butter no larger than pea size.
- ☐ Using your hands, press and flatten half of crumb mixture into a greased 9 by 13-inch pan.
- ☐ Spread cooled filling over crust. Cover with remaining crumb mixture, patting lightly.
- ☐ Bake until lightly browned, 25 to 35 minutes. Cool slightly and cut into bars while still in the pan. Gently remove cut bars from pan.
- ☐ Serve warm or at room temperature. Date bars, stored in an airtight container, refrigerate and freeze well.

Nutrition Facts



Properties

Glycemic Index:9.57, Glycemic Load:11.25, Inflammation Score:-2, Nutrition Score:3.1134782760687%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 158.33kcal (7.92%), Fat: 5g (7.69%), Saturated Fat: 2.98g (18.61%), Carbohydrates: 28.19g (9.4%), Net Carbohydrates: 26.41g (9.6%), Sugar: 18.16g (20.18%), Cholesterol: 12.2mg (4.07%), Sodium: 135.59mg (5.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.41%), Manganese: 0.24mg (12.02%), Fiber: 1.78g (7.13%), Selenium: 4.24µg (6.06%), Vitamin B1: 0.08mg (5.59%), Folate: 17.68µg (4.42%), Iron: 0.72mg (3.97%), Potassium: 130.07mg (3.72%), Magnesium: 14.41mg (3.6%), Phosphorus: 35.27mg (3.53%), Vitamin B3: 0.67mg (3.37%), Vitamin B2: 0.05mg (3.19%), Copper: 0.06mg (3.11%), Vitamin A: 143.29IU (2.87%), Vitamin B5: 0.18mg (1.8%), Vitamin B6: 0.03mg (1.73%), Calcium: 16.8mg (1.68%), Zinc: 0.25mg (1.67%), Vitamin E: 0.16mg (1.07%)