



Date Bar Dessert

READY IN



50 min.

SERVINGS



18

CALORIES



326 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 1 cup butter cold cubed
- 2.5 cups dates chopped
- 1.5 cups flour all-purpose
- 1.8 cups rolled oats
- 0.5 teaspoon salt
- 0.8 cup sugar
- 0.5 cup walnut pieces chopped

- 0.8 cup water
- 18 servings non-dairy whipped topping

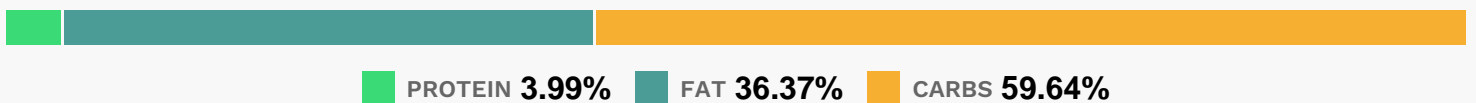
Equipment

- bowl
- sauce pan
- oven
- wire rack
- baking pan

Directions

- In a large bowl, combine the oats, flour, brown sugar, baking soda and salt.
- Cut in butter until mixture resembles coarse crumbs. Press into a greased 13-in. x 9-in. baking pan.
- In a large saucepan, combine the dates, sugar and water. Cook for 10 minutes or until thickened, stirring frequently. Stir in walnuts.
- Spread over crust.
- Bake at 350° for 30 minutes. Cool on a wire rack.
- Cut into squares; top with whipped topping.

Nutrition Facts



Properties

Glycemic Index:17.06, Glycemic Load:20.55, Inflammation Score:-3, Nutrition Score:5.8821739385957%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 325.65kcal (16.28%), Fat: 13.66g (21.01%), Saturated Fat: 7.3g (45.63%), Carbohydrates: 50.4g (16.8%), Net Carbohydrates: 47.47g (17.26%), Sugar: 34.38g (38.2%), Cholesterol: 27.2mg (9.07%), Sodium: 214.88mg (9.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.74%), Manganese: 0.53mg (26.5%), Fiber: 2.93g (11.71%), Selenium: 7.01µg (10.02%), Vitamin B1: 0.14mg (9.42%), Phosphorus: 74.32mg (7.43%), Copper: 0.15mg (7.4%), Folate: 29.28µg (7.32%), Magnesium: 28.85mg (7.21%), Iron: 1.22mg (6.78%), Vitamin A: 321.17IU (6.42%), Potassium: 211.95mg (6.06%), Vitamin B2: 0.09mg (5.41%), Vitamin B3: 1.02mg (5.11%), Zinc: 0.54mg (3.61%), Vitamin B6: 0.07mg (3.49%), Calcium: 33.59mg (3.36%), Vitamin B5: 0.3mg (3.03%), Vitamin E: 0.39mg (2.58%), Vitamin K: 1.85µg (1.77%)