



Date Bars

 Dairy Free

READY IN



65 min.

SERVINGS



36

CALORIES



142 kcal

DESSERT

Ingredients

- ☐ 1 lb dates pitted chopped
- ☐ 1.5 cups water
- ☐ 0.3 cup granulated sugar
- ☐ 1 cup brown sugar packed
- ☐ 1 cup butter softened
- ☐ 1.8 cups flour whole wheat all-purpose
- ☐ 1.5 cups oats
- ☐ 0.5 teaspoon baking soda

☐ 0.5 teaspoon salt

Equipment

☐ bowl

☐ frying pan

☐ sauce pan

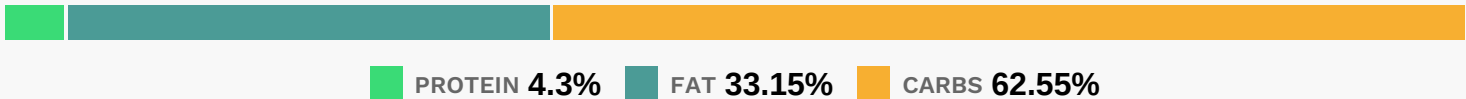
☐ oven

☐ wire rack

Directions

- ☐ In 2-quart saucepan, cook Filling ingredients over low heat about 10 minutes, stirring constantly, until thickened. Cool 5 minutes.
- ☐ Heat oven to 400°F. Grease bottom and sides of 13x9-inch pan with shortening.
- ☐ In large bowl, stir brown sugar and butter until well mixed. Stir in flour, oats, baking soda and salt until crumbly. Press half of the crumb mixture evenly in bottom of pan.
- ☐ Spread with filling. Top with remaining crumb mixture; press lightly.
- ☐ Bake 25 to 30 minutes or until light brown. Cool 5 minutes in pan on cooling rack.
- ☐ Cut into 6 rows by 6 rows while warm.

Nutrition Facts



Properties

Glycemic Index:5.2, Glycemic Load:6.65, Inflammation Score:-3, Nutrition Score:3.4930434667546%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 141.8kcal (7.09%), Fat: 5.51g (8.47%), Saturated Fat: 1.12g (7%), Carbohydrates: 23.39g (7.8%), Net Carbohydrates: 21.44g (7.8%), Sugar: 15.37g (17.08%), Cholesterol: 0mg (0%), Sodium: 109.65mg (4.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.21%), Manganese: 0.42mg (20.98%), Fiber: 1.95g (7.8%),

Selenium: 5.21µg (7.45%), Magnesium: 23.37mg (5.84%), Phosphorus: 45.8mg (4.58%), Vitamin A: 227.33IU (4.55%), Vitamin B1: 0.05mg (3.65%), Potassium: 126.73mg (3.62%), Copper: 0.07mg (3.35%), Iron: 0.54mg (3%), Vitamin B6: 0.05mg (2.55%), Vitamin B3: 0.49mg (2.43%), Zinc: 0.3mg (2%), Vitamin E: 0.27mg (1.78%), Calcium: 15.78mg (1.58%), Folate: 6.17µg (1.54%), Vitamin B5: 0.15mg (1.47%), Vitamin B2: 0.02mg (1.45%)