



Date-Nut and Brown Sugar Bars



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.7 cup brown sugar packed
- ☐ 1 cup dates pitted chopped
- ☐ 2 eggs beaten
- ☐ 0.3 teaspoon ground cardamom
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup unbleached flour all-purpose

☐ 0.3 cup walnuts finely chopped

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (180 degrees C). Lightly oil an 8-inch square baking pan; set aside.
- ☐ Combine all ingredients except eggs; mix well.
- ☐ Add eggs and stir until dry ingredients are moistened.
- ☐ Spoon batter into pan.
- ☐ Bake about 25 minutes, until toothpick inserted into center comes out clean. Cool slightly before cutting into bars or squares.

Nutrition Facts



Properties

Glycemic Index:15.56, Glycemic Load:6.14, Inflammation Score:-1, Nutrition Score:2.4752174019814%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 99.99kcal (5%), Fat: 1.81g (2.78%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 20.3g (6.77%), Net Carbohydrates: 19.23g (6.99%), Sugar: 14.8g (16.45%), Cholesterol: 20.46mg (6.82%), Sodium: 60.3mg (2.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.51%), Manganese: 0.16mg (8.01%), Selenium: 3.93µg (5.62%), Fiber: 1.07g (4.29%), Folate: 15.75µg (3.94%), Vitamin B1: 0.05mg (3.61%), Vitamin B2: 0.06mg (3.52%), Iron: 0.58mg (3.22%), Copper: 0.06mg (3.22%), Phosphorus: 31.78mg (3.18%), Potassium: 94.61mg (2.7%), Calcium: 25.58mg (2.56%), Magnesium: 9.65mg (2.41%), Vitamin B3: 0.46mg (2.3%), Vitamin B6: 0.04mg (2.03%), Vitamin

B5: 0.18mg (1.84%), Zinc: 0.2mg (1.32%)