



Date Nut Bars

 Vegetarian

READY IN



30 min.

SERVINGS



60

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups sugar
- 2 cups flour all-purpose
- 2 teaspoons double-acting baking powder
- 0.3 teaspoon salt
- 2 cups dates chopped
- 2 cups walnut pieces chopped
- 4 large eggs lightly beaten room temperature
- 2 tablespoons butter melted

- 1 teaspoon vanilla extract
- 1 serving powdered sugar

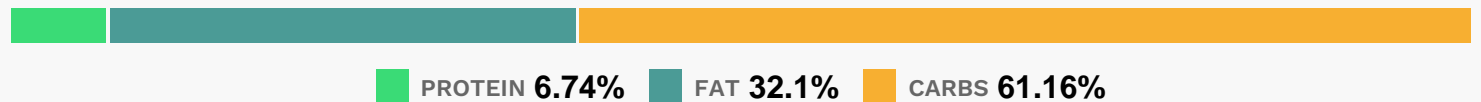
Equipment

- bowl
- oven
- wire rack
- baking pan

Directions

- In a large bowl, combine the sugar, flour, baking powder, salt, dates and nuts.
- Add the eggs, butter and vanilla; stir just until dry ingredients are moistened (batter will be very stiff).
- Spread in a greased 15x10x1-in. baking pan.
- Bake at 350° for 20–25 minutes or until golden brown. Cool bars on a wire rack. Dust with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:5.98, Glycemic Load:8.75, Inflammation Score:-1, Nutrition Score:2.1452174057131%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 89.05kcal (4.45%), Fat: 3.32g (5.11%), Saturated Fat: 0.59g (3.7%), Carbohydrates: 14.23g (4.74%), Net Carbohydrates: 13.47g (4.9%), Sugar: 10.02g (11.14%), Cholesterol: 13.4mg (4.47%), Sodium: 31.89mg (1.39%), Alcohol: 0.02g (100%), Alcohol %: 0.12% (100%), Protein: 1.57g (3.13%), Manganese: 0.18mg (8.79%), Copper: 0.08mg (4.05%), Selenium: 2.82µg (4.03%), Folate: 13.96µg (3.49%), Vitamin B1: 0.05mg (3.33%), Phosphorus: 30.67mg (3.07%), Fiber: 0.77g (3.06%), Vitamin B2: 0.05mg (2.73%), Iron: 0.43mg (2.41%), Magnesium: 9.64mg (2.41%), Vitamin B6: 0.04mg (1.83%), Vitamin B3: 0.35mg (1.77%), Potassium: 58.78mg (1.68%), Calcium: 16.25mg

(1.63%), Zinc: 0.21mg (1.39%), Vitamin B5: 0.12mg (1.21%)