

Decadent Bars

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup brown sugar packed
- 1 cup butterscotch chips
- 1 cup coconut or shredded
- 1 eggs
- 2 cups flour all-purpose
- 0.3 cup orange juice

- 1 tablespoon orange zest
- 0.3 teaspoon salt
- 0.8 cup shortening

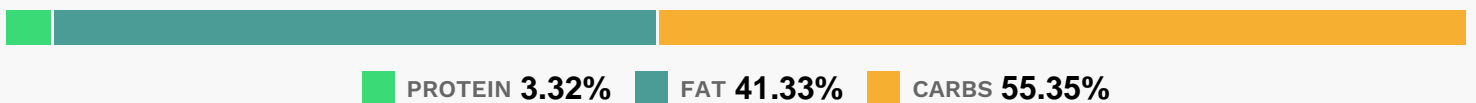
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 325 degrees F (165 degrees C). Grease a 9x13 inch pan.
- In a medium bowl, combine the flour, baking soda, baking powder and salt. In a separate bowl, cream the shortening and brown sugar.
- Mix in the egg, orange juice and zest until well blended. Gradually add the dry ingredients, stirring constantly. Stir in the butterscotch chips and coconut.
- Pour the dough into greased baking pan.
- Bake for 25 to 30 minutes, until top is golden brown.
- Let cool before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:9.54, Glycemic Load:5.93, Inflammation Score:-1, Nutrition Score:2.5252173951139%

Flavonoids

Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 172.95kcal (8.65%), Fat: 8.04g (12.37%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 24.22g (8.07%), Net Carbohydrates: 23.61g (8.58%), Sugar: 15.05g (16.73%), Cholesterol: 7.46mg (2.49%), Sodium: 89.89mg (3.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.91%), Selenium: 4.59µg (6.56%), Manganese: 0.13mg (6.4%), Vitamin B1: 0.09mg (5.96%), Folate: 21.73µg (5.43%), Iron: 0.68mg (3.8%), Vitamin B2: 0.06mg (3.68%), Vitamin K: 3.48µg (3.31%), Vitamin B3: 0.66mg (3.29%), Vitamin E: 0.43mg (2.89%), Fiber: 0.61g (2.45%), Phosphorus: 21.4mg (2.14%), Vitamin C: 1.74mg (2.11%), Copper: 0.04mg (1.83%), Calcium: 16.61mg (1.66%), Vitamin B5: 0.15mg (1.46%), Potassium: 43.67mg (1.25%), Magnesium: 4.77mg (1.19%)