



Festive Fruitcake Bars

 Dairy Free

READY IN



115 min.

SERVINGS



24

CALORIES



211 kcal

DESSERT

Ingredients

- 1 cup flour all-purpose
- 0.8 cup brown sugar packed
- 0.5 cup butter softened
- 1 teaspoon orange zest grated
- 0.5 teaspoon baking soda
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon salt
- 1 eggs

- 0.3 cup flour all-purpose
- 2.5 cups candied cherries
- 8 ounces dates pitted cut in half
- 1 cup pecans coarsely chopped
- 0.3 cup granulated sugar
- 2 tablespoons orange juice

Equipment

- bowl
- frying pan
- sauce pan
- oven
- toothpicks

Directions

- Heat oven to 350°F. Grease and flour rectangular pan, 13x9x2 inches. In large bowl, mix 1 cup flour, the brown sugar, butter, orange peel, baking soda, cinnamon, salt and egg with spoon.
- In medium bowl, mix 1/4 cup flour, the cherries, dates and pecans; stir into brown sugar mixture.
- Spread in pan.
- Bake about 35 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.
- In 1-quart saucepan, heat all Orange Glaze ingredients over medium heat, stirring occasionally, until mixture thickens slightly.
- Drizzle cooled bars with glaze. For bars, cut into 8 rows by 3 rows.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:8.92, Inflammation Score:-2, Nutrition Score:3.1686956370654%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 210.89kcal (10.54%), Fat: 7.42g (11.41%), Saturated Fat: 1.14g (7.13%), Carbohydrates: 35.83g (11.94%), Net Carbohydrates: 34.26g (12.46%), Sugar: 23.99g (26.66%), Cholesterol: 6.82mg (2.27%), Sodium: 96.52mg (4.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Manganese: 0.29mg (14.3%), Fiber: 1.56g (6.24%), Vitamin B1: 0.09mg (5.91%), Selenium: 3.33µg (4.76%), Copper: 0.09mg (4.45%), Folate: 16.14µg (4.03%), Vitamin A: 185.86IU (3.72%), Iron: 0.6mg (3.35%), Vitamin B2: 0.06mg (3.26%), Phosphorus: 30.75mg (3.07%), Magnesium: 12.17mg (3.04%), Potassium: 104.49mg (2.99%), Vitamin B3: 0.57mg (2.87%), Zinc: 0.31mg (2.04%), Vitamin B6: 0.04mg (1.76%), Vitamin B5: 0.17mg (1.68%), Calcium: 16.74mg (1.67%), Vitamin E: 0.24mg (1.6%), Vitamin C: 0.92mg (1.12%)