



Fig and Almond Squares

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons almonds toasted sliced
- ☐ 0.3 teaspoon amaretto (almond-flavored liqueur)
- ☐ 1 tablespoon amaretto (almond-flavored liqueur)
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.8 cup brown sugar packed
- ☐ 0.3 cup butter melted
- ☐ 0.5 cup figs dried chopped
- ☐ 1 large eggs

- ☐ 1 large egg whites
- ☐ 3.3 ounces flour all-purpose
- ☐ 0.5 cup powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup coconut sweetened flaked
- ☐ 1 teaspoon vanilla extract
- ☐ 2.5 teaspoons water hot

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ measuring cup

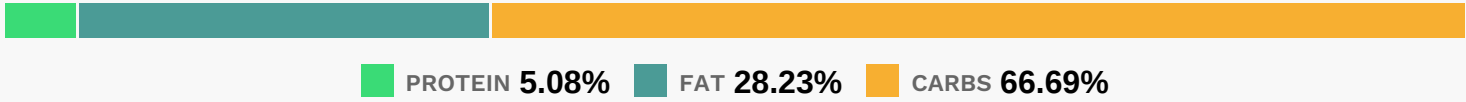
Directions

- ☐ Preheat oven to 350
- ☐ Coat bottom of an 8-inch square baking pan with cooking spray (do not coat sides of pan); set aside.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, and salt in a large bowl, stirring well with a whisk.
- ☐ Combine brown sugar and next 5 ingredients (through egg) in a medium bowl, stirring with a whisk until well blended.
- ☐ Add brown sugar mixture, figs, coconut, and almonds to flour mixture; stir until blended. Spoon batter into prepared pan.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack.

- ☐
- Cut into 16 squares.

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Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:4.09, Inflammation Score:-1, Nutrition Score:2.3930434704475%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 135.05kcal (6.75%), Fat: 4.28g (6.58%), Saturated Fat: 2.34g (14.6%), Carbohydrates: 22.73g (7.58%), Net Carbohydrates: 21.83g (7.94%), Sugar: 16.85g (18.72%), Cholesterol: 19.25mg (6.42%), Sodium: 69.57mg (3.02%), Alcohol: 0.35g (100%), Alcohol %: 1.16% (100%), Protein: 1.73g (3.47%), Manganese: 0.11mg (5.7%), Selenium: 3.85µg (5.5%), Vitamin B2: 0.07mg (4.3%), Vitamin B1: 0.05mg (3.64%), Fiber: 0.9g (3.62%), Folate: 13.58µg (3.39%), Iron: 0.58mg (3.24%), Calcium: 30.7mg (3.07%), Vitamin E: 0.46mg (3.04%), Phosphorus: 27.41mg (2.74%), Magnesium: 10.22mg (2.56%), Copper: 0.05mg (2.36%), Vitamin B3: 0.45mg (2.26%), Potassium: 74.96mg (2.14%), Vitamin A: 105.99IU (2.12%), Vitamin B5: 0.12mg (1.23%), Zinc: 0.17mg (1.13%)