



Fig and Cream Cheese Bars

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup brown sugar packed
- ☐ 6 tablespoons butter chilled cut into small pieces
- ☐ 2 cups figs dried
- ☐ 1 large eggs
- ☐ 6 ounces flour all-purpose
- ☐ 0.5 cup granulated sugar divided
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 teaspoons powdered sugar

- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water

Equipment

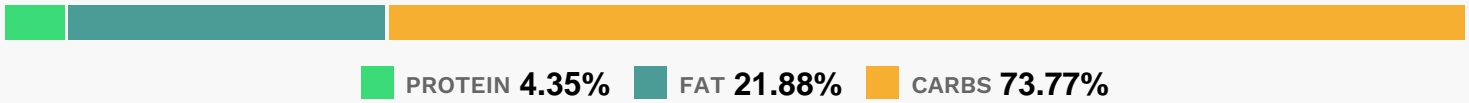
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, brown sugar, and salt, stirring well with a whisk.
- ☐ Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Press mixture firmly into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Combine figs, water, and 1/4 cup granulated sugar in a medium saucepan; bring to a boil over medium-high heat. Cook 5 minutes or until figs are tender and sugar dissolves. Cool slightly.
- ☐ Place fig mixture and juice in a blender; process until smooth. Gently spread fig mixture over prepared crust.
- ☐ Place remaining 1/4 cup granulated sugar, cheese, vanilla, and egg in a medium bowl; beat with a mixer at medium speed until smooth.
- ☐ Pour over fig mixture; spread to edges.

Bake at 350 for 30 minutes or until set and lightly browned. Cool in pan on a wire rack;sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:7.54, Glycemic Load:7.12, Inflammation Score:-1, Nutrition Score:2.0282608452051%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 102.8kcal (5.14%), Fat: 2.59g (3.99%), Saturated Fat: 1.52g (9.47%), Carbohydrates: 19.66g (6.55%), Net Carbohydrates: 18.53g (6.74%), Sugar: 13.63g (15.14%), Cholesterol: 12.22mg (4.07%), Sodium: 62.23mg (2.71%), Alcohol: 0.05g (100%), Alcohol %: 0.15% (100%), Protein: 1.16g (2.32%), Manganese: 0.09mg (4.7%), Fiber: 1.13g (4.52%), Selenium: 2.61µg (3.73%), Vitamin B1: 0.05mg (3.61%), Folate: 12.49µg (3.12%), Iron: 0.54mg (2.98%), Vitamin B2: 0.05mg (2.69%), Potassium: 85.72mg (2.45%), Calcium: 23.51mg (2.35%), Magnesium: 8.94mg (2.23%), Copper: 0.04mg (2.12%), Vitamin B3: 0.41mg (2.03%), Phosphorus: 17.1mg (1.71%), Vitamin K: 1.77µg (1.68%), Vitamin A: 80.06IU (1.6%), Vitamin B5: 0.11mg (1.06%)