



Fig Bars

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups figs dried chopped
- 1 tablespoon flour all-purpose
- 0.5 cup butter reduced-calorie
- 1.8 cups quick-cooking oats toasted
- 0.3 cup measures-like-sugar" calorie-free sweetener
- 0.8 cup coconut or unsweetened flaked
- 0.5 teaspoon vanilla extract
- 0.5 cup water

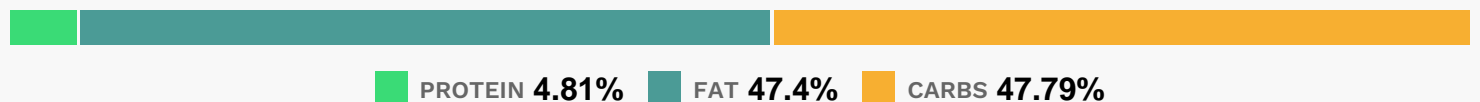
Equipment

- bowl
- frying pan
- sauce pan
- baking pan
- microwave

Directions

- Combine figs and flour in a medium bowl; toss lightly to coat.
- Bring water to a boil in a medium saucepan.
- Add fig mixture, coconut, margarine, and sweetener to pan, stirring well. Cook, uncovered, over medium heat 5 to 7 minutes or until mixture is thickened, stirring often.
- Add oats and vanilla, stirring until oats are moistened.
- Press mixture into bottom of a 9-inch square baking pan coated with cooking spray. Cover and chill thoroughly.
- Cut into bars.
- Place 1/2 cup water in a 1-cup liquid measure. Microwave at HIGH 2 to 3 minutes or until water boils; pour water over fig mixture.
- Add coconut, margarine, and sweetener to fig mixture, stirring well. Microwave, uncovered, at HIGH 2 to 3 minutes or until mixture is thickened, stirring after every minute.
- Add oats and vanilla, stirring until oats are moistened. Proceed with recipe as directed.
- carbo rating: 11

Nutrition Facts



Properties

Glycemic Index:10.05, Glycemic Load:5.93, Inflammation Score:-2, Nutrition Score:3.0086956581344%

Nutrients (% of daily need)

Calories: 108.73kcal (5.44%), Fat: 6.02g (9.27%), Saturated Fat: 2.39g (14.93%), Carbohydrates: 13.67g (4.56%), Net Carbohydrates: 11.76g (4.28%), Sugar: 7.52g (8.36%), Cholesterol: 0mg (0%), Sodium: 46.98mg (2.04%), Alcohol: 0.03g (100%), Alcohol %: 0.12% (100%), Protein: 1.37g (2.75%), Manganese: 0.38mg (18.85%), Fiber: 1.91g (7.64%), Magnesium: 24.96mg (6.24%), Phosphorus: 40.22mg (4.02%), Selenium: 2.68µg (3.83%), Copper: 0.07mg (3.56%), Vitamin A: 170.09IU (3.4%), Iron: 0.57mg (3.15%), Vitamin B1: 0.04mg (2.96%), Potassium: 101.41mg (2.9%), Zinc: 0.31mg (2.05%), Calcium: 20.21mg (2.02%), Vitamin K: 1.65µg (1.57%), Vitamin E: 0.23mg (1.56%), Vitamin B2: 0.02mg (1.25%), Vitamin B6: 0.02mg (1.22%), Vitamin B5: 0.11mg (1.09%)