



Fig Bars

 Dairy Free

READY IN



110 min.

SERVINGS



16

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter softened
- 0.3 cup granulated sugar
- 0.3 teaspoon vanilla
- 1 cup flour all-purpose
- 0.3 cup granulated sugar
- 1 cup water boiling
- 9 oz figs dried chopped (1 cup)
- 0.3 cup flour all-purpose

- 0.3 cup brown sugar packed
- 3 tablespoons butter cold (do not use margarine)
- 0.3 cup oats
- 0.3 cup walnut pieces chopped

Equipment

- bowl
- frying pan
- sauce pan
- oven
- blender
- hand mixer

Directions

- Heat oven to 350°F. Spray 9-inch square pan with cooking spray. In small bowl, beat 1/2 cup butter, 1/4 cup granulated sugar and the vanilla with electric mixer on medium speed until well blended. On low speed, beat in 1 cup flour until soft dough forms. Press dough in bottom of pan.
- Bake 10 to 15 minutes or until center is set.
- Meanwhile, in 2-quart saucepan, cook filling ingredients over medium-high heat 5 to 10 minutes, stirring frequently, until figs are tender and most of liquid is absorbed.
- Spread over crust.
- In small bowl, mix 1/4 cup flour, the brown sugar and 3 tablespoons butter, using pastry blender or fork, until crumbly. Stir in oats and walnuts.
- Sprinkle over filling.
- Bake 15 to 20 minutes longer or until edges are bubbly and topping is light golden brown. Cool completely, about 1 hour. For bars, cut into 4 rows by 4 rows.

Nutrition Facts



PROTEIN 3.81% FAT 47.56% CARBS 48.63%

Properties

Glycemic Index:27.26, Glycemic Load:11.85, Inflammation Score:-4, Nutrition Score:3.0660869362562%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 171.19kcal (8.56%), Fat: 9.27g (14.26%), Saturated Fat: 1.77g (11.09%), Carbohydrates: 21.32g (7.11%), Net Carbohydrates: 20.35g (7.4%), Sugar: 12.27g (13.63%), Cholesterol: 0mg (0%), Sodium: 93.85mg (4.08%), Alcohol: 0.02g (100%), Alcohol %: 0.04% (100%), Protein: 1.67g (3.34%), Manganese: 0.21mg (10.32%), Vitamin A: 370.65IU (7.41%), Vitamin B1: 0.1mg (6.69%), Selenium: 3.94µg (5.63%), Folate: 21.16µg (5.29%), Fiber: 0.97g (3.87%), Vitamin B2: 0.07mg (3.84%), Iron: 0.65mg (3.62%), Vitamin B3: 0.68mg (3.39%), Copper: 0.06mg (3.17%), Magnesium: 11.92mg (2.98%), Phosphorus: 27.28mg (2.73%), Vitamin E: 0.35mg (2.31%), Potassium: 68.91mg (1.97%), Vitamin B6: 0.04mg (1.79%), Calcium: 15.71mg (1.57%), Zinc: 0.19mg (1.28%), Vitamin B5: 0.12mg (1.23%)