



## Fig “Newt” Bars

READY IN



75 min.

SERVINGS



24

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 17.5 oz sugar cookie mix
- 0.5 cup butter cold
- 2.8 cups figs dried
- 0.8 cup water
- 0.3 cup maple syrup
- 1 teaspoon lemon zest grated
- 0.5 cup walnut pieces chopped

### Equipment

- food processor
- bowl
- frying pan
- oven
- wire rack
- blender

## Directions

- Heat oven to 350°F. Spray 13x9-inch pan with cooking spray. In large bowl, place cookie mix.
- Cut in butter, using pastry blender (or pulling 2 table knives through mix in opposite directions), until mixture looks like coarse crumbs. Reserve 1 1/2 cups of the crumb mixture for topping. Press remaining mixture in bottom of pan.
- Bake 10 minutes. Cool.
- Meanwhile, place figs and warm water in food processor. Cover; process until smooth paste forms.
- Add syrup and lemon peel; process until well blended.
- Spread fig mixture evenly over partially baked crust.
- In small bowl, mix reserved 1 1/2 cups crumb mixture and the walnuts.
- Sprinkle over fig mixture.
- Bake 20 to 25 minutes or until light golden brown. Cool completely on cooling rack, about 30 minutes.
- Cut into 6 rows by 4 rows.

## Nutrition Facts



**PROTEIN 3.3%** **FAT 36.31%** **CARBS 60.39%**

## Properties

Glycemic Index:6.98, Glycemic Load:3.56, Inflammation Score:-1, Nutrition Score:2.0234782721685%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

## **Nutrients (% of daily need)**

Calories: 160.22kcal (8.01%), Fat: 6.62g (10.19%), Saturated Fat: 2.6g (16.23%), Carbohydrates: 24.79g (8.26%), Net Carbohydrates: 23.83g (8.66%), Sugar: 16.09g (17.88%), Cholesterol: 10.17mg (3.39%), Sodium: 90.46mg (3.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.71%), Manganese: 0.2mg (9.75%), Vitamin B2: 0.07mg (4.03%), Fiber: 0.96g (3.83%), Vitamin A: 157.21IU (3.14%), Copper: 0.06mg (2.95%), Vitamin B1: 0.04mg (2.63%), Potassium: 82.46mg (2.36%), Magnesium: 9.35mg (2.34%), Vitamin B6: 0.04mg (2.2%), Folate: 7.48µg (1.87%), Calcium: 17mg (1.7%), Vitamin K: 1.67µg (1.59%), Iron: 0.25mg (1.39%), Phosphorus: 13.37mg (1.34%), Vitamin B3: 0.22mg (1.12%), Vitamin E: 0.16mg (1.05%), Vitamin B5: 0.1mg (1.01%)