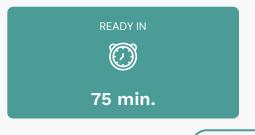


# Fig "Newt" Bars







ANTIPASTI

STARTER

SNACK

APPETIZER

## **Ingredients**

17.5 oz sugar	cookie	mix
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- 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**

П	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 11/2 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: 0.14mg, 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: Og (100%), Alcohol %: O% (100%), Protein: 1.35g (2.71%), Manganese: O.2mg (9.75%), Vitamin B2: O.07mg (4.03%), Fiber: 0.96g (3.83%), Vitamin A: 157.21IU (3.14%), Copper: 0.06mg (2.95%), Vitamin B1: O.04mg (2.63%), Potassium: 82.46mg (2.36%), Magnesium: 9.35mg (2.34%), Vitamin B6: O.04mg (2.2%), Folate: 7.48µg (1.87%), Calcium: 17mg (1.7%), Vitamin K: 1.67µg (1.59%), Iron: O.25mg (1.39%), Phosphorus: 13.37mg (1.34%), Vitamin B3: O.22mg (1.12%), Vitamin E: O.16mg (1.05%), Vitamin B5: O.1mg (1.01%)