



Fig “Newt” Bars

READY IN



75 min.

SERVINGS



24

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter cold
- ☐ 2.8 cups figs dried
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 cup maple syrup
- ☐ 1 pouch sugar cookie mix (1 lb 1.5 oz)
- ☐ 0.5 cup walnut pieces chopped
- ☐ 0.8 cup water

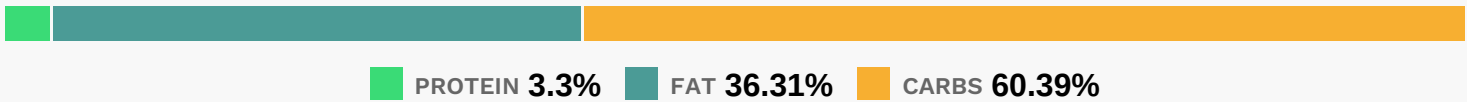
Equipment

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

Directions

- ☐ Heat oven to 350F. 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



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: 160.2kcal (8.01%), Fat: 6.62g (10.19%), Saturated Fat: 2.6g (16.23%), Carbohydrates: 24.78g (8.26%), Net Carbohydrates: 23.82g (8.66%), Sugar: 16.09g (17.88%), Cholesterol: 10.17mg (3.39%), Sodium: 90.45mg (3.93%), Alcohol: Og (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: 7.47µg (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%)