



Fig Streusel Bars

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



4376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon baking soda
- 1 cup firmly brown sugar packed
- 0.4 lb butter at room temperature
- 1.8 cups flour all-purpose
- 2 pounds figs fresh ripe (see notes)
- 0.5 cup granulated sugar
- 2 tablespoons juice of lemon
- 1.5 cups rolled oats

0.5 teaspoon salt

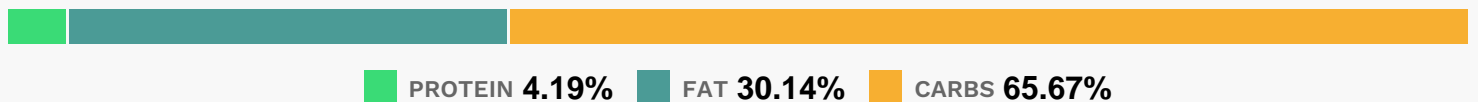
Equipment

- bowl
- frying pan
- oven
- baking pan
- hand mixer

Directions

- Rinse figs and trim and discard stem and blossom ends. Coarsely chop figs. In a 3- to 4-quart pan over medium heat, stir figs, lemon juice, and granulated sugar until mixture is thick and reduced to about 2 cups, about 45 minutes. Chill uncovered until cool, about 1 1/2 hours, or cover and chill up to 2 days (see notes).
- In a bowl, with an electric mixer on high speed, beat butter and brown sugar until smooth. In another bowl, mix flour, baking soda, salt, and oats. Stir or beat into butter mixture (dough will be crumbly).
- Press half the dough evenly over the bottom of a buttered 9- by 13-inch baking pan.
- Spread fig mixture evenly over dough. Crumble remaining dough evenly over fig mixture; pat lightly.
- Bake in a 400 oven until streusel is lightly browned, 20 to 25 minutes.
- Place pan on a rack to cool for about 10 minutes. While still warm, cut into 24 bars.
- Let cool completely in pan.

Nutrition Facts



Properties

Glycemic Index:296.09, Glycemic Load:308.85, Inflammation Score:-10, Nutrition Score:70.407391776209%

Flavonoids

Cyanidin: 4.54mg, Cyanidin: 4.54mg, Cyanidin: 4.54mg, Cyanidin: 4.54mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Catechin: 14.42mg, Catechin: 14.42mg, Catechin: 14.42mg, Catechin: 14.42mg Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 49.73mg, Quercetin: 49.73mg, Quercetin: 49.73mg, Quercetin: 49.73mg

Nutrients (% of daily need)

Calories: 4375.71kcal (218.79%), Fat: 151.14g (232.52%), Saturated Fat: 89.68g (560.47%), Carbohydrates: 741.04g (247.01%), Net Carbohydrates: 696.45g (253.25%), Sugar: 463.72g (515.25%), Cholesterol: 365.71mg (121.9%), Sodium: 2887.31mg (125.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.27g (94.54%), Manganese: 7.22mg (360.97%), Vitamin B1: 2.84mg (189.11%), Fiber: 44.59g (178.35%), Selenium: 116.1µg (165.85%), Folate: 506.97µg (126.74%), Iron: 20.36mg (113.09%), Vitamin A: 5540.73IU (110.81%), Vitamin B2: 1.8mg (106.12%), Magnesium: 395.22mg (98.8%), Phosphorus: 913.93mg (91.39%), Vitamin B3: 18.25mg (91.23%), Potassium: 3145.56mg (89.87%), Copper: 1.54mg (77.08%), Vitamin B6: 1.35mg (67.6%), Calcium: 640.51mg (64.05%), Vitamin B5: 5.56mg (55.59%), Vitamin K: 57.63µg (54.89%), Zinc: 7.57mg (50.44%), Vitamin E: 5.63mg (37.54%), Vitamin C: 29.75mg (36.07%), Vitamin B12: 0.29µg (4.82%)