



## Fig-Walnut Gingerbread Bars

 Vegetarian  Gluten Free

READY IN



180 min.

SERVINGS



16

CALORIES



255 kcal

DESSERT

### Ingredients

- 17.5 oz betty limited edition gingerbread cookie mix
- 0.5 cup butter softened
- 1 eggs
- 11.5 oz let set min. spread
- 0.5 cup figs dried chopped
- 2 tablespoons brown sugar packed
- 0.5 cup walnut pieces toasted chopped
- 1 serving powdered sugar

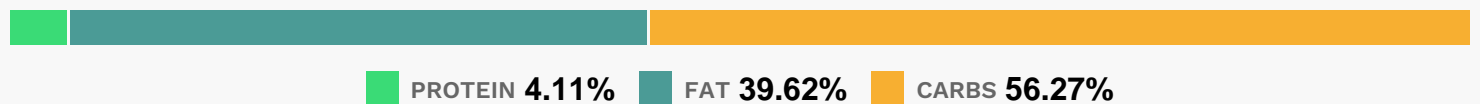
## Equipment

- bowl
- frying pan
- oven
- wire rack
- aluminum foil

## Directions

- Heat oven to 350°F. Line 8-inch square pan with foil, leaving foil overhanging at 2 opposite sides of pan; spray foil with cooking spray.
- In large bowl, stir cookie mix, butter and egg until soft dough forms. Reserve 2/3 cup dough. Press remaining dough in bottom of pan.
- Bake 15 minutes.
- In small bowl, mix preserves, chopped figs and brown sugar.
- Spread over partially baked cookie crust. Stir walnuts into reserved dough; crumble over filling.
- Bake 30 to 32 minutes or until golden. Cool completely in pan on cooling rack, about 2 hours. Use foil to lift out of pan.
- Cut into 4 rows by 4 rows.
- Sprinkle bars with powdered sugar.

## Nutrition Facts



## Properties

Glycemic Index:11.63, Glycemic Load:8.39, Inflammation Score:-4, Nutrition Score:12.540434826975%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin:

0.04mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

## Nutrients (% of daily need)

Calories: 254.51kcal (12.73%), Fat: 12.34g (18.99%), Saturated Fat: 5.99g (37.42%), Carbohydrates: 39.44g (13.15%), Net Carbohydrates: 34.16g (12.42%), Sugar: 15.55g (17.28%), Cholesterol: 25.48mg (8.49%), Sodium: 72.74mg (3.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.76%), Manganese: 5.06mg (252.85%), Iron: 6.41mg (35.59%), Calcium: 226.21mg (22.62%), Fiber: 5.27g (21.09%), Magnesium: 50.63mg (12.66%), Copper: 0.24mg (11.82%), Vitamin C: 9.24mg (11.21%), Vitamin K: 9.76µg (9.29%), Vitamin B6: 0.16mg (8.08%), Potassium: 262.05mg (7.49%), Selenium: 4.42µg (6.32%), Phosphorus: 61.35mg (6.14%), Zinc: 0.91mg (6.09%), Vitamin A: 284.28IU (5.69%), Vitamin E: 0.85mg (5.67%), Vitamin B2: 0.08mg (4.84%), Vitamin B1: 0.06mg (4.15%), Vitamin B3: 0.78mg (3.9%), Folate: 15.23µg (3.81%)