

## Flavorful Dried Fruit Bars

READY IN



40 min.

SERVINGS



12

CALORIES



164 kcal

SIDE DISH

### Ingredients

- 1 teaspoon baking soda
- 0.5 cup butter cubed
- 0.5 cup dates chopped
- 0.5 cup prune- cut to pieces dried pitted chopped
- 0.5 cup egg substitute
- 1 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 0.5 cup raisins

- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 1 cup water

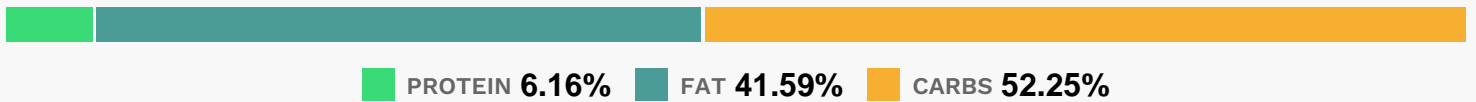
## Equipment

- bowl
- sauce pan
- oven
- wire rack
- baking pan
- toothpicks

## Directions

- In a small saucepan, combine water, dates, plums and raisins. Cook over medium heat until fruit is softened, about 10 minutes.
- Remove from the heat; stir in butter until melted. Cool. Stir in egg substitute and vanilla. In a large bowl, combine the dry ingredients; stir in fruit mixture.
- Spread into an 11-in. x 7-in. baking pan that has been coated with cooking spray.
- Bake at 350° for 20–25 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:28.32, Glycemic Load:11.64, Inflammation Score:-3, Nutrition Score:4.1978261315304%

## Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 164.47kcal (8.22%), Fat: 7.87g (12.11%), Saturated Fat: 4.91g (30.67%), Carbohydrates: 22.25g (7.42%), Net Carbohydrates: 20.5g (7.46%), Sugar: 6.94g (7.71%), Cholesterol: 20.34mg (6.78%), Sodium: 223.56mg (9.72%), Alcohol: 0.11g (100%), Alcohol %: 0.21% (100%), Protein: 2.62g (5.25%), Selenium: 8µg (11.43%), Vitamin B1: 0.11mg (7.21%), Vitamin B2: 0.12mg (7.19%), Manganese: 0.14mg (7.11%), Fiber: 1.75g (7%), Vitamin A: 316.39IU (6.33%), Folate: 22.62µg (5.65%), Iron: 0.98mg (5.44%), Potassium: 178.82mg (5.11%), Vitamin K: 5.22µg (4.97%), Vitamin B3: 0.92mg (4.59%), Copper: 0.07mg (3.63%), Phosphorus: 34.21mg (3.42%), Magnesium: 11.76mg (2.94%), Vitamin B5: 0.29mg (2.92%), Vitamin E: 0.42mg (2.81%), Vitamin B6: 0.05mg (2.74%), Calcium: 19.9mg (1.99%), Zinc: 0.24mg (1.63%), Vitamin D: 0.16µg (1.07%)