

Food for the Gods

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 1 cup butter
- ☐ 1 cup dates pitted chopped
- ☐ 3 eggs
- ☐ 1.3 cups flour all-purpose sifted
- ☐ 0.3 teaspoon salt

- ☐ 1 cup walnuts chopped
- ☐ 1 cup sugar white

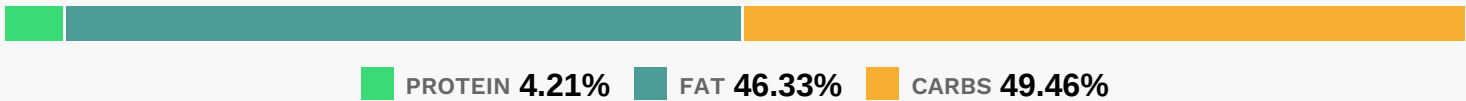
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (180 degrees C).
- ☐ Grease and line a 9 x 13 inch pan.
- ☐ Combine first 4 ingredients. Take 1/2 cup of flour mixture and dredge the dates.
- ☐ Cream butter and sugars until light and fluffy.
- ☐ Add eggs, one at a time, and beat well after every addition. Gradually stir in flour mixture.
- ☐ Add dates and walnuts and stir until completely combined.
- ☐ Pour batter into prepared pan and bake for 10 minutes. Lower heat to 300 degrees F (150 degrees C) and bake for 30-40 minutes or until done.
- ☐ Cool on a wire rack for 20 minutes and cut into bars. Wrap individually with foil or colored cellophane wrap.

Nutrition Facts



Properties

Glycemic Index:9.97, Glycemic Load:7.76, Inflammation Score:-2, Nutrition Score:2.2713043615222%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 143.66kcal (7.18%), Fat: 7.66g (11.78%), Saturated Fat: 3.56g (22.27%), Carbohydrates: 18.39g (6.13%), Net Carbohydrates: 17.73g (6.45%), Sugar: 14.17g (15.75%), Cholesterol: 27.2mg (9.07%), Sodium: 84.99mg (3.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.13%), Manganese: 0.16mg (7.82%), Selenium: 3.05µg (4.36%), Copper: 0.07mg (3.61%), Vitamin A: 178.43IU (3.57%), Folate: 13.88µg (3.47%), Vitamin B1: 0.05mg (3.27%), Vitamin B2: 0.05mg (2.88%), Phosphorus: 28.7mg (2.87%), Fiber: 0.66g (2.65%), Iron: 0.46mg (2.53%), Magnesium: 8.98mg (2.24%), Vitamin B3: 0.36mg (1.78%), Vitamin B6: 0.04mg (1.75%), Calcium: 17.4mg (1.74%), Potassium: 60.59mg (1.73%), Vitamin E: 0.21mg (1.41%), Vitamin B5: 0.13mg (1.33%), Zinc: 0.2mg (1.32%)