



Food For The Gods II

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



354 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup butter
- ☐ 1 cup dates pureed
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 cups walnuts chopped
- ☐ 1.5 cups sugar white

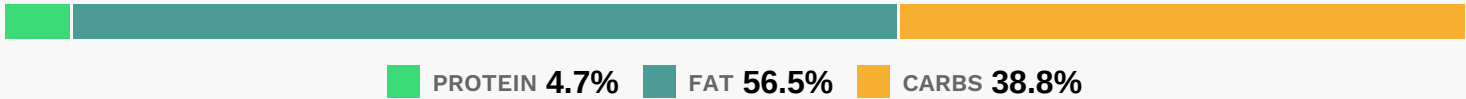
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.
- ☐ Melt butter.
- ☐ Add sugar, eggs, dates and nuts.
- ☐ Mix flour with baking soda.
- ☐ Add to date mixture and combine.
- ☐ Spread into 9x13 inch pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 30 minutes. Cool and cut into bars.

Nutrition Facts



Properties

Glycemic Index:17.81, Glycemic Load:22.2, Inflammation Score:-4, Nutrition Score:6.4269564890343%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 353.89kcal (17.69%), Fat: 23.19g (35.67%), Saturated Fat: 8.93g (55.84%), Carbohydrates: 35.82g (11.94%), Net Carbohydrates: 33.76g (12.28%), Sugar: 26.63g (29.59%), Cholesterol: 54.36mg (18.12%), Sodium: 179.47mg (7.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.68%), Manganese: 0.62mg (30.88%), Copper: 0.29mg (14.29%), Folate: 35.61µg (8.9%), Selenium: 5.96µg (8.51%), Vitamin B1: 0.13mg (8.45%), Phosphorus: 84.3mg (8.43%), Vitamin A: 413.96IU (8.28%), Fiber: 2.05g (8.22%), Magnesium: 31.7mg (7.93%), Vitamin B2: 0.11mg (6.28%), Iron: 1.06mg (5.87%), Vitamin B6: 0.11mg (5.7%), Zinc: 0.66mg (4.4%), Potassium: 154.13mg (4.4%), Vitamin B3: 0.8mg (4.01%), Vitamin E: 0.53mg (3.55%), Vitamin B5: 0.29mg (2.9%), Calcium: 27.48mg (2.75%), Vitamin K: 1.79µg (1.7%), Vitamin B12: 0.08µg (1.3%)