

Fruit 'n' Nut Bars

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 15 servings butter softened
- ☐ 1 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 cup fruit mixed dried diced
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 cup brown sugar light
- ☐ 1.3 cups oats

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup coconut shredded sweetened
- ☐ 1 teaspoon vanilla extract pure
- ☐ 0.5 cup walnut pieces chopped

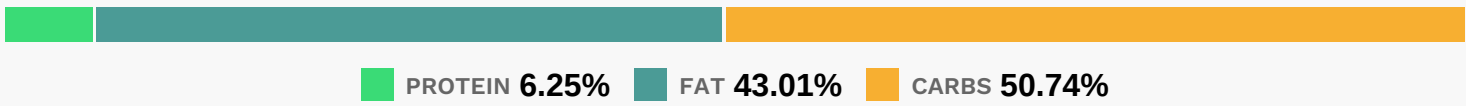
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350F. Grease an 8-inch metal baking pan. Using an electric mixer, cream butter with sugars, about 5 minutes.
- ☐ Add eggs, vanilla extract, baking soda and salt; beat at medium speed until blended.
- ☐ Add oats and flour; mix at low speed until incorporated. Stir in dried fruit, coconut and walnuts.
- ☐ Spread batter into pan.
- ☐ Bake 25 to 30 minutes, until golden.
- ☐ Let cool, cut into bars and remove from pan.

Nutrition Facts



Properties

Glycemic Index:19.07, Glycemic Load:8.72, Inflammation Score:-2, Nutrition Score:4.4134782008503%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

Nutrients (% of daily need)

Calories: 173.74kcal (8.69%), Fat: 8.51g (13.09%), Saturated Fat: 3.94g (24.62%), Carbohydrates: 22.6g (7.53%), Net Carbohydrates: 21.04g (7.65%), Sugar: 11.99g (13.32%), Cholesterol: 21.66mg (7.22%), Sodium: 121.75mg (5.29%), Alcohol: 0.09g (100%), Alcohol %: 0.28% (100%), Protein: 2.78g (5.56%), Manganese: 0.53mg (26.5%), Selenium: 5.95µg (8.49%), Vitamin B1: 0.1mg (6.68%), Fiber: 1.55g (6.22%), Phosphorus: 62.01mg (6.2%), Copper: 0.12mg (6.06%), Magnesium: 21.72mg (5.43%), Iron: 0.91mg (5.06%), Folate: 19.62µg (4.91%), Vitamin B2: 0.07mg (3.93%), Zinc: 0.54mg (3.62%), Vitamin A: 141.84IU (2.84%), Vitamin B3: 0.53mg (2.67%), Potassium: 90.46mg (2.58%), Vitamin B6: 0.05mg (2.45%), Vitamin B5: 0.22mg (2.21%), Calcium: 20.28mg (2.03%), Vitamin E: 0.23mg (1.53%)