



Fruitcake Bars

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



182 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 170 g apricot dried cut into sixths
- 0.1 teaspoon double-acting baking powder
- 0.1 teaspoon baking soda
- 170 g dates pitted cut into eighths
- 0.3 cup cherries dried
- 2 large eggs
- 50 g flour

- 90 g t brown sugar dark light packed
- 200 g hazelnuts toasted
- 0.3 teaspoon salt
- 0.5 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- oven
- knife
- baking pan
- aluminum foil
- bread knife

Directions

- Line an 8-inch (20 cm) square pan across the bottom and up the sides with two sheets of aluminum foil, making a big criss-cross with the sides overhanging.
- Preheat the oven to 325°F and position the rack in the center of the oven.
- In a large bowl, toss together the flour, baking powder, baking soda, and salt.
- Add the brown sugar, nuts, dates, cherries, and apricots. Use your fingers to mix the fruit, separate any pieces sticking together.
- Beat the eggs and vanilla in a small bowl, then mix it with the fruit and nut mixture until everything's coated with the batter.
- Spread the mixture in the baking pan and press gently to even it out.
- Bake for 35–40 minutes until the top of the bars are golden brown and has pulled away just-slightly from the sides of the pan. Cool the bars in the pan, then lift out.
- To cut the cooled bars, use a heavy sharp knife, such as a bread knife, for best results in getting clean slices. Storage: The bars can be stored in an airtight container at room temperature for up to a week.

Nutrition Facts

PROTEIN 7.72% FAT 38.57% CARBS 53.71%

Properties

Glycemic Index:16.71, Glycemic Load:7.53, Inflammation Score:-5, Nutrition Score:7.5947825960491%

Flavonoids

Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 182.34kcal (9.12%), Fat: 8.32g (12.8%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 26.07g (8.69%), Net Carbohydrates: 22.97g (8.35%), Sugar: 19.44g (21.61%), Cholesterol: 23.25mg (7.75%), Sodium: 60.31mg (2.62%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Protein: 3.75g (7.49%), Manganese: 0.85mg (42.59%), Vitamin E: 2.41mg (16.05%), Copper: 0.29mg (14.26%), Fiber: 3.1g (12.4%), Vitamin A: 487.47IU (9.75%), Potassium: 297.69mg (8.51%), Vitamin B1: 0.11mg (7.64%), Magnesium: 30.32mg (7.58%), Iron: 1.31mg (7.26%), Phosphorus: 67.05mg (6.71%), Folate: 25.92µg (6.48%), Vitamin B6: 0.12mg (5.87%), Selenium: 3.9µg (5.57%), Vitamin B2: 0.07mg (4.3%), Vitamin B3: 0.83mg (4.16%), Calcium: 36.46mg (3.65%), Vitamin B5: 0.35mg (3.49%), Zinc: 0.48mg (3.22%), Vitamin K: 2.42µg (2.3%), Vitamin C: 0.94mg (1.13%)