

Fruitcake Bars



Vegetarian



Gluten Free

READY IN



67 min.

SERVINGS



100

CALORIES



44 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter softened
- ☐ 2 cups dates diced pitted
- ☐ 6 Teaspoons ener-g egg replacer powder
- ☐ 1 Tablespoon vanilla extract
- ☐ 3 cups walnuts chopped
- ☐ 12 Tablespoons water lukewarm
- ☐ 1 and) light

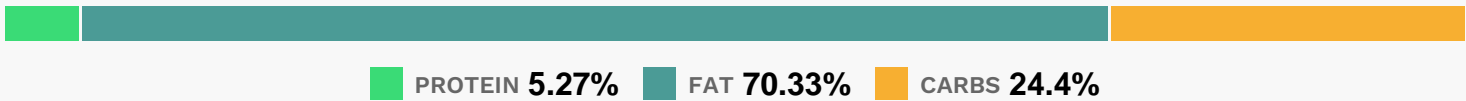
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ spatula

Directions

- ☐ Preheat oven at 325F/160C for 15 minutes. Grease a 15×10 inch pan (jelly roll pan) either with shortening or non-stick cooking spray and set aside.Blend the egg replacer powder and lukewarm water in a mixer until it’s frothy and keep it aside.In a large bowl cream together the butter and sugar until it’s light and fluffy.
- ☐ Add the egg substitute mixture to the creamed butter in small additions and beating well after each addition.Stir in vanilla.
- ☐ Add in the flour and chopped nuts and combine it well with a rubber spatula.
- ☐ Spread the dough onto the prepared pan.
- ☐ Sprinkle the candied pineapple, cherries and diced dates on the dough and press it lightly.
- ☐ Bake for about 45–50 minutes or until lightly browned. I removed the pan around 47 minutes.Cool it completely on a wire rack before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:1.22, Glycemic Load:1.07, Inflammation Score:-1, Nutrition Score:1.0634782584789%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 44.47kcal (2.22%), Fat: 3.68g (5.66%), Saturated Fat: 1.09g (6.82%), Carbohydrates: 2.87g (0.96%), Net Carbohydrates: 2.4g (0.87%), Sugar: 1.98g (2.2%), Cholesterol: 3.66mg (1.22%), Sodium: 11.38mg (0.49%), Alcohol:

0.04g (100%), Alcohol %: 0.55% (100%), Protein: 0.62g (1.24%), Manganese: 0.13mg (6.39%), Copper: 0.06mg (3.11%), Fiber: 0.47g (1.88%), Magnesium: 6.88mg (1.72%), Phosphorus: 14.38mg (1.44%), Vitamin B6: 0.02mg (1.19%), Potassium: 35.38mg (1.01%), Folate: 4.05µg (1.01%)