

Glazed Orange Date Squares

READY IN



50 min.

SERVINGS



36

CALORIES



153 kcal

DESSERT

Ingredients

- 0.8 teaspoon baking soda
- 0.8 cup brown sugar packed
- 0.3 cup butter softened
- 3 cups powdered sugar
- 1.3 cups dates chopped
- 2 eggs
- 1.3 cups flour all-purpose
- 0.3 cup milk
- 0.5 cup orange juice

- 1 teaspoon orange zest grated
- 0.5 teaspoon salt
- 6 ounces semi chocolate chips
- 1 cup walnut pieces chopped
- 0.5 cup water

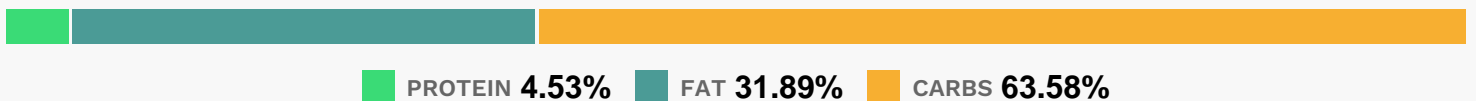
Equipment

- sauce pan
- oven
- baking pan
- toothpicks

Directions

- In a saucepan, combine the dates, sugar, water and butter. Simmer for 5 minutes, stirring occasionally, or until dates are softened.
- Remove from heat; stir in chocolate chips.
- Beat eggs, milk and orange juice.
- Combine flour, baking soda and salt; add to date mixture alternately with orange juice mixture, mixing well after each addition. Stir in walnuts.
- Pour into a greased 15-in. x 10-in. x 1-in. baking pan.
- Bake at 350° for 25–30 minutes or until a toothpick comes out clean. Cool.
- Combine confectioners' sugar, butter and orange peel; stir in milk until glaze reaches desired consistency.
- Spread over bars.

Nutrition Facts



Properties

Glycemic Index:7.97, Glycemic Load:4.44, Inflammation Score:-1, Nutrition Score:2.9569565472396%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 152.88kcal (7.64%), Fat: 5.58g (8.59%), Saturated Fat: 2.18g (13.61%), Carbohydrates: 25.03g (8.34%), Net Carbohydrates: 23.9g (8.69%), Sugar: 19.7g (21.89%), Cholesterol: 13.04mg (4.35%), Sodium: 71.97mg (3.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.06mg (1.35%), Protein: 1.78g (3.57%), Manganese: 0.22mg (11.06%), Copper: 0.13mg (6.71%), Fiber: 1.13g (4.54%), Magnesium: 18.03mg (4.51%), Selenium: 3.11µg (4.44%), Iron: 0.74mg (4.09%), Phosphorus: 39.66mg (3.97%), Vitamin B1: 0.05mg (3.65%), Folate: 14.39µg (3.6%), Vitamin B2: 0.05mg (2.93%), Potassium: 99.7mg (2.85%), Vitamin C: 1.86mg (2.26%), Zinc: 0.32mg (2.12%), Vitamin B3: 0.42mg (2.1%), Vitamin B6: 0.04mg (1.92%), Calcium: 17.77mg (1.78%), Vitamin B5: 0.14mg (1.42%), Vitamin A: 66.9IU (1.34%)