



Honey Bars



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons almond extract
- ☐ 1 cup almonds chopped
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup confectioners' sugar for decoration
- ☐ 1 cup dates pitted chopped
- ☐ 4 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 1 cup honey

☐ 0.3 teaspoon salt

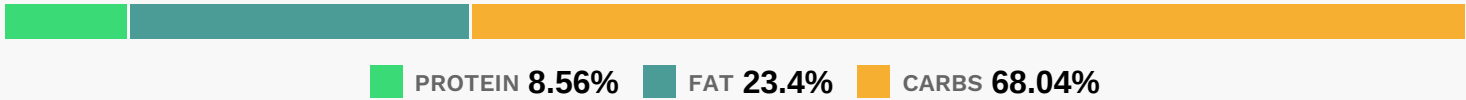
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Combine flour, baking powder and salt and set aside. Beat eggs in a large bowl until thick and lemon colored. Beat in honey and almond extract.
- ☐ Gradually add in dry ingredients blending well. Stir in dates and almonds.
- ☐ Spread evenly in a 13 x 9 inch greased pan.
- ☐ Bake at 350 degrees F (175 degrees C) 12-15 minutes until lightly brown on top. Cool 2 minutes in pan.
- ☐ Cut into bars. When cool, sprinkle with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:11.72, Glycemic Load:12.13, Inflammation Score:-2, Nutrition Score:4.0665216915633%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 138.01kcal (6.9%), Fat: 3.76g (5.79%), Saturated Fat: 0.47g (2.93%), Carbohydrates: 24.62g (8.21%), Net Carbohydrates: 23.17g (8.43%), Sugar: 17.46g (19.4%), Cholesterol: 27.28mg (9.09%), Sodium: 53.25mg (2.32%),

Alcohol: 0.11g (100%), Alcohol %: 0.34% (100%), Protein: 3.1g (6.19%), Vitamin E: 1.61mg (10.73%), Manganese: 0.21mg (10.69%), Vitamin B2: 0.15mg (8.58%), Selenium: 5.16µg (7.37%), Phosphorus: 58.71mg (5.87%), Fiber: 1.45g (5.8%), Magnesium: 21.5mg (5.37%), Folate: 20.22µg (5.06%), Vitamin B1: 0.07mg (4.86%), Copper: 0.09mg (4.74%), Iron: 0.81mg (4.52%), Vitamin B3: 0.73mg (3.64%), Calcium: 34.27mg (3.43%), Potassium: 109.32mg (3.12%), Zinc: 0.38mg (2.52%), Vitamin B5: 0.22mg (2.17%), Vitamin B6: 0.04mg (1.86%), Vitamin B12: 0.07µg (1.09%)