

Honey Nut Bars

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



161 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon double-acting baking powder
- 2 tablespoons butter
- 0.3 cup powdered sugar for decoration
- 0.5 cup dates pitted chopped
- 2 eggs
- 0.8 cup flour all-purpose
- 0.5 cup honey
- 1 pinch salt

0.5 cup walnut pieces chopped

Equipment

frying pan

oven

mixing bowl

cake form

Directions

Preheat oven to 350 degrees F (175 degrees C). Butter an 8-inch square cake pan.

Melt the butter over low heat and pour into a large mixing bowl.

Add the honey and eggs, and beat well.

Mix in the flour, baking powder, and salt.

Mix in the walnuts and dates.

Spread batter in pan

Bake for 25 minutes in the preheated oven, or until light brown.

Let cool for 5 to 10 minutes.

Cut into bars and roll in confectioners' sugar.

Nutrition Facts



PROTEIN 6.36% **FAT 31.31%** **CARBS 62.33%**

Properties

Glycemic Index:28.44, Glycemic Load:12.63, Inflammation Score:-2, Nutrition Score:3.5126086797403%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 160.8kcal (8.04%), Fat: 5.87g (9.03%), Saturated Fat: 1.74g (10.89%), Carbohydrates: 26.29g (8.76%), Net Carbohydrates: 25.23g (9.18%), Sugar: 18.92g (21.02%), Cholesterol: 32.3mg (10.77%), Sodium: 47.32mg (2.06%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.37%), Manganese: 0.25mg (12.46%), Selenium: 5.48µg (7.83%), Folate: 24.04µg (6.01%), Vitamin B1: 0.08mg (5.61%), Copper: 0.11mg (5.6%), Vitamin B2: 0.09mg (5.31%), Phosphorus: 48.4mg (4.84%), Iron: 0.78mg (4.31%), Fiber: 1.06g (4.22%), Magnesium: 13.31mg (3.33%), Vitamin B3: 0.62mg (3.09%), Vitamin B6: 0.06mg (2.78%), Potassium: 88.16mg (2.52%), Calcium: 23.68mg (2.37%), Zinc: 0.35mg (2.34%), Vitamin B5: 0.22mg (2.23%), Vitamin A: 99.5IU (1.99%), Vitamin E: 0.17mg (1.15%), Vitamin B12: 0.07µg (1.15%)