



## Honey-Sesame Bars

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 3 tablespoons butter melted
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup honey
- ☐ 1 tablespoon orange peel grated
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups sesame seed toasted (see notes)

- ☐ 0.5 cup sugar
- ☐ 0.8 cup vegetable oil
- ☐ 0.5 cup flour whole-wheat

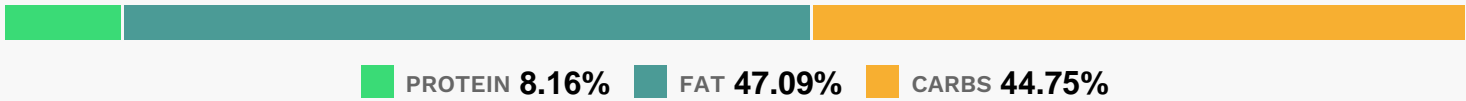
## Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ skewers

## Directions

- ☐ In a bowl, with an electric mixer on medium speed, beat oil, sugar, eggs, 1/3 cup honey, and 1 1/2 teaspoons orange peel until smooth and well blended.
- ☐ In another bowl, mix all-purpose and whole-wheat flours, baking powder, salt, and sesame seeds; stir or beat into oil mixture until well blended.
- ☐ Spread batter evenly in a lightly oiled 9- by 13-inch baking pan.
- ☐ Bake in a 375 oven until center springs back when lightly touched and top is richly browned, 18 to 20 minutes.
- ☐ Meanwhile, in a bowl, mix melted butter, remaining 1/2 cup honey, and remaining 1 1/2 teaspoons grated orange peel until smooth. With a wooden skewer, pierce warm baked bar at 1/2-inch intervals.
- ☐ Pour honey mixture evenly over the top.
- ☐ Let cool at least 10 minutes, then cut into 24 bars.
- ☐ Let cool completely.

## Nutrition Facts



## Properties

Glycemic Index:15.6, Glycemic Load:8.21, Inflammation Score:-2, Nutrition Score:5.6426087591959%

Nutrients (% of daily need)

Calories: 136.49kcal (6.82%), Fat: 7.44g (11.45%), Saturated Fat: 1.84g (11.48%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 14.49g (5.27%), Sugar: 8.09g (8.99%), Cholesterol: 19.26mg (6.42%), Sodium: 69.2mg (3.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.81%), Copper: 0.36mg (18.16%), Manganese: 0.35mg (17.37%), Selenium: 7.54µg (10.77%), Calcium: 101.07mg (10.11%), Iron: 1.67mg (9.27%), Magnesium: 34.57mg (8.64%), Phosphorus: 81.36mg (8.14%), Vitamin B1: 0.12mg (8.09%), Fiber: 1.43g (5.71%), Zinc: 0.81mg (5.43%), Folate: 20.89µg (5.22%), Vitamin B6: 0.09mg (4.35%), Vitamin B2: 0.07mg (4.29%), Vitamin B3: 0.82mg (4.1%), Vitamin K: 2.7µg (2.58%), Potassium: 62.93mg (1.8%), Vitamin E: 0.24mg (1.59%), Vitamin A: 68.26IU (1.37%), Vitamin B5: 0.11mg (1.12%)