



Kathryn Palmer's Maple Bars

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup maple syrup
- ☐ 2 cups regular oats
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.3 cup coconut or sweetened flaked

- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup vegetable shortening

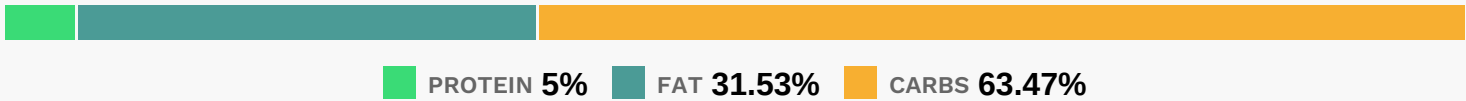
Equipment

- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Cream sugar and shortening at medium speed of a mixer until light and fluffy (about 5 minutes).
- ☐ Add syrup, vanilla, and eggs; beat until well-blended.
- ☐ Combine oats and next 4 ingredients; stir well.
- ☐ Add to creamed mixture, stirring just until dry ingredients are moistened.
- ☐ Pour batter into a 13 x 9-inch baking pan coated with cooking spray.
- ☐ Bake at 350 for 40 minutes or until a wooden pick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:12.14, Inflammation Score:-1, Nutrition Score:4.1365216957486%

Nutrients (% of daily need)

Calories: 152.46kcal (7.62%), Fat: 5.38g (8.28%), Saturated Fat: 1.5g (9.37%), Carbohydrates: 24.37g (8.12%), Net Carbohydrates: 23.46g (8.53%), Sugar: 14.72g (16.35%), Cholesterol: 13.64mg (4.55%), Sodium: 75.81mg (3.3%), Alcohol: 0.06g (100%), Alcohol %: 0.18% (100%), Protein: 1.92g (3.84%), Manganese: 0.6mg (29.98%), Vitamin B2: 0.22mg (13.23%), Selenium: 5.02µg (7.18%), Vitamin B1: 0.08mg (5.55%), Phosphorus: 45.13mg (4.51%), Fiber: 0.91g (3.64%), Iron: 0.65mg (3.59%), Magnesium: 14.25mg (3.56%), Folate: 13.44µg (3.36%), Calcium: 31.02mg (3.1%), Zinc: 0.43mg (2.87%), Vitamin K: 2.43µg (2.32%), Vitamin E: 0.33mg (2.21%), Vitamin B3: 0.4mg (2.02%), Copper: 0.04mg (1.99%), Potassium: 68.89mg (1.97%), Vitamin B5: 0.19mg (1.85%)