

Maple-Date Bars

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon baking soda
- 0.5 cup butter softened
- 12 ounces dates pitted finely chopped
- 4.5 ounces flour all-purpose
- 1 teaspoon lemon rind grated
- 0.3 cup maple syrup
- 1 cup regular oats
- 0.3 teaspoon salt

- 0.7 cup sugar
- 0.8 cup water

Equipment

- frying pan
- sauce pan
- oven
- knife
- wire rack
- blender
- baking pan
- measuring cup

Directions

- Combine dates, water, and maple syrup in a heavy saucepan over medium heat. Bring to a boil; cook 12 minutes or until most liquid is absorbed, stirring frequently. (
- Mixture will look like jam.) Stir in rind; cool completely.
- Preheat oven to 40
- Beat sugar and butter with a mixer at medium speed until smooth. Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, oats, baking soda, and salt. Stir flour mixture into sugar mixture (mixture will be crumbly). Press 2 cups flour mixture into bottom of a 13 x 9-inch baking pan coated with cooking spray.
- Spread date mixture over flour mixture.
- Sprinkle with remaining flour mixture.
- Bake at 400 for 20 minutes or until golden brown. Cool completely in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:16.18, Glycemic Load:16.36, Inflammation Score:-2, Nutrition Score:3.5686956831942%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 167.44kcal (8.37%), Fat: 5.02g (7.72%), Saturated Fat: 2.98g (18.61%), Carbohydrates: 30.64g (10.21%), Net Carbohydrates: 28.69g (10.43%), Sugar: 20.72g (23.02%), Cholesterol: 12.2mg (4.07%), Sodium: 80.95mg (3.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Manganese: 0.36mg (17.95%), Fiber: 1.95g (7.81%), Vitamin B2: 0.12mg (7.09%), Selenium: 3.94µg (5.63%), Vitamin B1: 0.08mg (5.43%), Potassium: 146.82mg (4.19%), Folate: 16.39µg (4.1%), Magnesium: 15.66mg (3.91%), Iron: 0.65mg (3.63%), Phosphorus: 35.43mg (3.54%), Vitamin B3: 0.65mg (3.23%), Copper: 0.06mg (3.1%), Vitamin A: 143.57IU (2.87%), Zinc: 0.29mg (1.91%), Vitamin B5: 0.18mg (1.8%), Vitamin B6: 0.04mg (1.76%), Calcium: 17.4mg (1.74%), Vitamin E: 0.16mg (1.08%)