



Maple Date-Nut Oatmeal Breakfast Squares

 Vegetarian

READY IN



10 min.

SERVINGS



24

CALORIES



148 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup apple sauce
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 3 tablespoons butter softened
- ☐ 1 cup dates pitted chopped
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup granulated sugar

- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.5 cup vanilla yogurt low-fat
- ☐ 0.3 cup maple syrup
- ☐ 3 cups quick-cooking oats instant (not)
- ☐ 1 teaspoon salt
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.3 cup walnuts coarsely chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 35
- ☐ Mix all ingredients in a large bowl, stirring slowly with a wooden spoon until well combined.
- ☐ Spray a 9- x 13-inch baking pan with cooking spray.
- ☐ Pour batter into pan, and spread evenly.
- ☐ Bake 25 minutes or until just golden brown around edges. Cool and cut into squares.

Nutrition Facts



Properties

Glycemic Index:15.57, Glycemic Load:12.62, Inflammation Score:-2, Nutrition Score:5.1947826496933%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 148.45kcal (7.42%), Fat: 3.26g (5.02%), Saturated Fat: 1.2g (7.5%), Carbohydrates: 27.89g (9.3%), Net Carbohydrates: 26.03g (9.47%), Sugar: 13.84g (15.38%), Cholesterol: 10.84mg (3.61%), Sodium: 139.27mg (6.06%), Alcohol: 0.09g (100%), Alcohol %: 0.22% (100%), Protein: 3.05g (6.1%), Manganese: 0.65mg (32.58%), Selenium: 7.26µg (10.36%), Magnesium: 36.09mg (9.02%), Vitamin B1: 0.13mg (8.66%), Phosphorus: 74.34mg (7.43%), Fiber: 1.86g (7.43%), Vitamin B2: 0.12mg (7.1%), Iron: 1.03mg (5.71%), Folate: 21.58µg (5.39%), Copper: 0.09mg (4.35%), Zinc: 0.53mg (3.54%), Potassium: 122.7mg (3.51%), Vitamin B3: 0.66mg (3.29%), Calcium: 28.72mg (2.87%), Vitamin B5: 0.22mg (2.16%), Vitamin B6: 0.04mg (1.96%), Vitamin A: 58.53IU (1.17%), Vitamin E: 0.16mg (1.06%)