



Maple-Date-Oatmeal Bars

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons brown sugar
- ☐ 6 tablespoons butter melted
- ☐ 6 ounces dates pitted chopped
- ☐ 1 large egg white lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons flour all-purpose

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 tablespoons maple syrup
- ☐ 3 tablespoons orange juice
- ☐ 0.5 teaspoon orange rind grated
- ☐ 1 cup quick-cooking oats
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract

Equipment

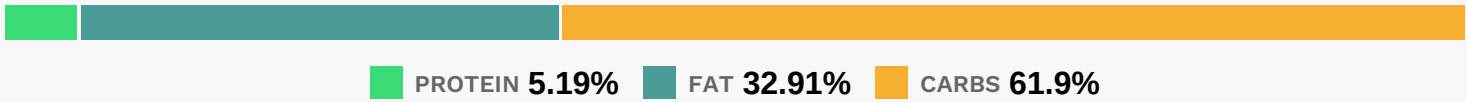
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 32
- ☐ To prepare crust, weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 5 ingredients (through cinnamon) in a medium bowl, stirring well with a whisk.
- ☐ Drizzle butter and juice over flour mixture, stirring until moistened (mixture will be crumbly). Reserve 1/2 cup oat mixture. Press remaining oat mixture into the bottom of an 11 x 7 inch baking dish coated with cooking spray.
- ☐ To prepare filling, combine dates, sour cream, and remaining ingredients in a medium bowl, stirring well.
- ☐ Spread date mixture over prepared crust; sprinkle reserved oat mixture evenly over filling.

Bake at 325 for 40 minutes or until edges are golden. Cool completely in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:17.1, Glycemic Load:7.5, Inflammation Score:-2, Nutrition Score:2.8330434690351%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 121.04kcal (6.05%), Fat: 4.56g (7.01%), Saturated Fat: 2.57g (16.09%), Carbohydrates: 19.28g (6.43%), Net Carbohydrates: 18.22g (6.63%), Sugar: 11.43g (12.7%), Cholesterol: 11.77mg (3.92%), Sodium: 64.75mg (2.82%), Alcohol: 0.06g (100%), Alcohol %: 0.19% (100%), Protein: 1.62g (3.23%), Manganese: 0.25mg (12.54%), Selenium: 3.98µg (5.69%), Vitamin B1: 0.07mg (4.83%), Vitamin B2: 0.08mg (4.64%), Fiber: 1.06g (4.25%), Magnesium: 15.52mg (3.88%), Folate: 14.4µg (3.6%), Phosphorus: 33.29mg (3.33%), Iron: 0.55mg (3.08%), Vitamin A: 137.44IU (2.75%), Potassium: 92.75mg (2.65%), Vitamin B3: 0.49mg (2.45%), Copper: 0.04mg (2.05%), Calcium: 20.42mg (2.04%), Vitamin C: 1.21mg (1.47%), Zinc: 0.21mg (1.41%), Vitamin B5: 0.13mg (1.34%), Vitamin B6: 0.02mg (1.2%)