

Noel Bars

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



187 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon baking soda
- 1 cup brown sugar packed
- 2 tablespoons butter
- 0.3 cup powdered sugar for decoration
- 2 eggs
- 0.3 cup flour all-purpose
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract

1 cup walnut pieces chopped

Equipment

frying pan

oven

mixing bowl

wax paper

spatula

Directions

Preheat oven to 350 degrees F (175 degrees C).

Beat eggs and vanilla together in mixing bowl.

Add in brown sugar, flour, baking soda, salt and walnuts.

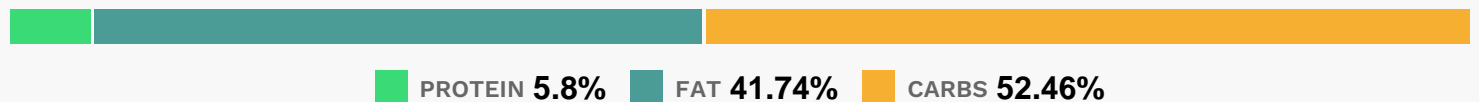
Mix until well blended.

Melt the butter in a 9-inch square pan.

Pour the batter into the pan and bake for 20 to 25 minutes, until firm to the touch.

While bars are still hot, loosen with a spatula and turn out onto wax paper, buttered side up. Dust with confectioners' sugar while warm and cut into squares.

Nutrition Facts



Properties

Glycemic Index:12.08, Glycemic Load:2.05, Inflammation Score:-2, Nutrition Score:3.6986956324266%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 187.21kcal (9.36%), Fat: 8.98g (13.82%), Saturated Fat: 2.03g (12.7%), Carbohydrates: 25.39g (8.46%), Net Carbohydrates: 24.65g (8.96%), Sugar: 21.38g (23.75%), Cholesterol: 32.3mg (10.77%), Sodium: 102.16mg (4.44%), Alcohol: 0.11g (100%), Alcohol %: 0.32% (100%), Protein: 2.81g (5.61%), Manganese: 0.37mg (18.57%), Copper:

0.17mg (8.72%), Selenium: 4.17µg (5.96%), Phosphorus: 53.32mg (5.33%), Folate: 19.61µg (4.9%), Magnesium: 18.79mg (4.7%), Vitamin B1: 0.06mg (4.24%), Vitamin B2: 0.07mg (3.94%), Iron: 0.71mg (3.93%), Vitamin B6: 0.07mg (3.7%), Calcium: 30.06mg (3.01%), Fiber: 0.75g (2.99%), Zinc: 0.43mg (2.86%), Potassium: 82.35mg (2.35%), Vitamin B5: 0.21mg (2.1%), Vitamin A: 99.86IU (2%), Vitamin B3: 0.34mg (1.71%), Vitamin E: 0.2mg (1.34%), Vitamin B12: 0.07µg (1.15%)