



Oatmeal, Fig, and Walnut Bars

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



144 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3.3 cups flour
- 1 teaspoon baking soda
- 1 cup butter chilled cut into 1/2-inch cubes (2 sticks) (such as Earth Balance)
- 1.3 cups t brown sugar dark packed ()
- 10 ounces figs dried stemmed chopped
- 2 teaspoons ground cinnamon
- 1.5 teaspoons juice of lemon fresh
- 1.8 cups rolled oats

- 1 cup powdered sugar
- 0.5 teaspoon salt
- 6 tablespoons sugar
- 1 teaspoon vanilla extract
- 1 cup walnuts toasted coarsely chopped
- 1 cup water

Equipment

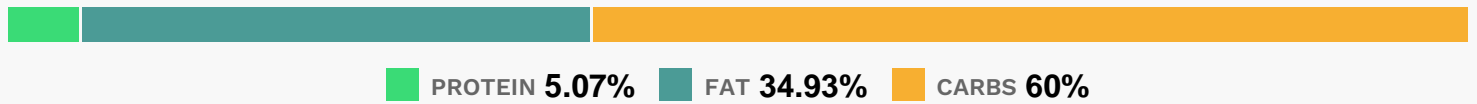
- bowl
- frying pan
- sauce pan
- oven
- whisk
- baking pan
- aluminum foil
- spatula

Directions

- Combine first 4 ingredients in heavy medium saucepan. Bring to simmer over medium heat, stirring until sugar dissolves. Reduce heat to low. Cover and simmer 5 minutes. Uncover and simmer until figs are very soft and filling is thick, stirring often, about 10 minutes.
- Mix in lemon juice and vanilla, then walnuts. Cool completely. DO AHEAD: Can be made 1 day ahead. Cover and chill. Bring to room temperature before using.
- Position rack in top third of oven and preheat to 350°F. Spray 13x9x2-inch metal baking pan with nonstick spray.
- Combine oats and next 5 ingredients in large bowl and whisk to blend.
- Add cubed "butter." Using fingertips, blend until mixture forms small moist clumps.
- Firmly press half of crust mixture (about 3 cups) over bottom of prepared pan.
- Spread filling evenly over crust.
- Sprinkle remaining crust mixture over filling; press to adhere.

- Bake bars until deep brown and firm to touch, about 35 minutes. Cool in pan on rack.
- Cut crosswise into 6 strips. Make 8 lengthwise cuts, forming 2x1-inch bars. DO AHEAD: Can be made 1 day ahead. Cover pan with foil; store at room temperature.
- Place powdered sugar in medium bowl. Using narrow spatula, remove as many bars as desired from pan.
- Roll half of bars in powdered sugar to coat. Arrange coated bars and plain bars alternately on platter.
- For longer storage, cover pan and chill. Bars will keep one week, but crust will soften.
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 6.06, Glycemic Load: 7.43, Inflammation Score: -2, Nutrition Score: 3.1826087061478%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

Nutrients (% of daily need)

Calories: 144.32kcal (7.22%), Fat: 5.76g (8.86%), Saturated Fat: 2.63g (16.47%), Carbohydrates: 22.27g (7.42%), Net Carbohydrates: 20.95g (7.62%), Sugar: 12.46g (13.85%), Cholesterol: 10.17mg (3.39%), Sodium: 80.35mg (3.49%), Alcohol: 0.03g (100%), Alcohol %: 0.09% (100%), Protein: 1.88g (3.76%), Manganese: 0.3mg (14.85%), Vitamin B1: 0.09mg (6.24%), Selenium: 4.02µg (5.74%), Fiber: 1.31g (5.26%), Folate: 19.59µg (4.9%), Iron: 0.76mg (4.22%), Copper: 0.08mg (4.18%), Magnesium: 14.54mg (3.63%), Phosphorus: 35.09mg (3.51%), Vitamin B2: 0.06mg (3.38%), Vitamin B3: 0.61mg (3.03%), Vitamin A: 119.52IU (2.39%), Potassium: 80.15mg (2.29%), Calcium: 21.71mg (2.17%), Zinc: 0.29mg (1.93%), Vitamin B6: 0.03mg (1.44%), Vitamin K: 1.43µg (1.36%), Vitamin B5: 0.12mg (1.23%), Vitamin E: 0.17mg (1.12%)