



Orange Zest Maple Date Bars

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



470 kcal

DESSERT

Ingredients

- 1.8 cups medjool dates pitted chopped (15 large medjool dates)
- 0.8 cup water
- 1 cup maple syrup
- 3 strips orange zest
- 0.7 cup granulated sugar white
- 0.5 cup butter softened
- 4.5 ounces flour all-purpose
- 1 cup rolled oats instant fine (rolled oats is)

- 0.3 teaspoon baking soda
- 0.3 teaspoon salt
- 2 tablespoons ground flaxseed

Equipment

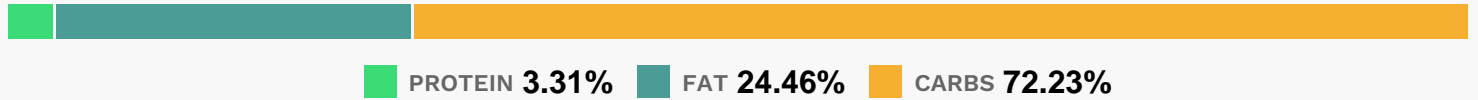
- bowl
- frying pan
- sauce pan
- oven
- whisk
- mixing bowl
- baking pan
- wooden spoon
- spatula

Directions

- Pit the dates and chop them up into little pieces. In a medium sauce pan, combine water, dates and maple syrup and bring to a boil, stirring often. Once at a boil, add the citrus peels and stir. Turn the heat down to medium and cook down until most of the water is gone. When it starts to look like jam, its done.
- Place sauce pan in a freezer to quickly cool down the mixture.
- When date jam is cooled, preheat the oven to 400F and begin to prepare the rest of the recipe.
- Combine flour, baking soda, salt and oats in a bowl and whisk together.
- In another large mixing bowl, beat sugar and butter until creamy.
- Add the dry ingredients to the butter and cream and mix with a spatula or large wooden spoon until completely mixed. The texture will look quite crumbly.
- Coat a 13x9-inch metal baking pan with cooking spray. Then begin layering your ingredients carefully.
- Layer half of the crumb mixture and press down in the pan to make the bottom layer crust.

- B.CAREFULLY spread your date jam on top of the crumb crust using a spatula sprayed with some oil.
- C.Finally, sprinkle the remainder of the crumb mixture on top of the date jam.
- Bake for about 20–30 minutes, until the top is golden.
- Cool completely before cutting.

Nutrition Facts



Properties

Glycemic Index:37.95, Glycemic Load:32.69, Inflammation Score:-5, Nutrition Score:11.712173913043%

Taste

Sweetness: 100%, Saltiness: 3.58%, Sourness: 5.78%, Bitterness: 7.98%, Savoriness: 15.25%, Fattiness: 34.17%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 469.81kcal (23.49%), Fat: 13.16g (20.25%), Saturated Fat: 7.49g (46.84%), Carbohydrates: 87.47g (29.16%), Net Carbohydrates: 83.34g (30.31%), Sugar: 62.3g (69.23%), Cholesterol: 30.5mg (10.17%), Sodium: 204.78mg (8.9%), Protein: 4.01g (8.03%), Manganese: 1.54mg (77.09%), Vitamin B2: 0.64mg (37.42%), Fiber: 4.13g (16.5%), Vitamin B1: 0.24mg (16.29%), Selenium: 9.03µg (12.89%), Magnesium: 50.76mg (12.69%), Potassium: 386.9mg (11.05%), Copper: 0.21mg (10.27%), Folate: 39.31µg (9.83%), Phosphorus: 93.43mg (9.34%), Iron: 1.62mg (9%), Vitamin B3: 1.67mg (8.34%), Calcium: 81.46mg (8.15%), Vitamin A: 404.03IU (8.08%), Zinc: 1mg (6.65%), Vitamin B6: 0.11mg (5.33%), Vitamin B5: 0.48mg (4.77%), Vitamin E: 0.39mg (2.58%), Vitamin K: 2.19µg (2.08%)