



Raisin-Nut Bars

 Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup firmly brown sugar light packed
- 2 tsp calumet baking powder
- 2 eggs slightly beaten
- 0.7 cup flour
- 1 tsp ground cinnamon
- 0.3 cup butter softened
- 0.5 cup raisins seedless
- 1 cup planters walnuts divided chopped

0.5 cup creamy wheat cereal hot uncooked (enriched farina) (1-minute, 2-)

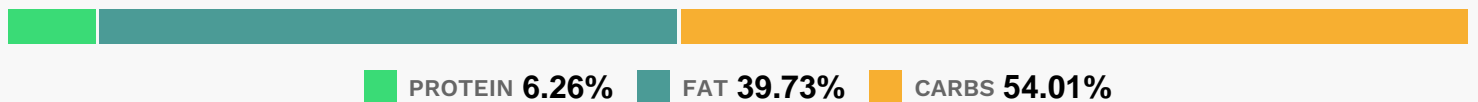
Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan
- hand mixer

Directions

- Mix flour, cereal, baking powder and cinnamon in small bowl; set aside.
- Beat brown sugar and margarine in medium bowl with electric mixer on medium speed until creamy. Beat in eggs until smooth. Stir in flour mixture until blended.
- Add 1/2 cup of the chopped walnuts and raisins.
- Spread mixture in lightly greased 13x9-inch baking pan.
- Sprinkle with remaining 1/2 cup chopped walnuts.
- Bake at 350F for 20-25 minutes or until golden brown. Cool completely in pan on wire rack.
- Drizzle with Powdered Sugar Glaze.
- Cut into bars.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:2.31, Inflammation Score:-2, Nutrition Score:3.9391304199462%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

Nutrients (% of daily need)

Calories: 91.53kcal (4.58%), Fat: 4.27g (6.56%), Saturated Fat: 0.65g (4.08%), Carbohydrates: 13.05g (4.35%), Net Carbohydrates: 12.15g (4.42%), Sugar: 6.56g (7.29%), Cholesterol: 9.35mg (3.12%), Sodium: 76.12mg (3.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.02%), Vitamin D: 2.93µg (19.51%), Folate: 37.73µg (9.43%), Iron: 1.42mg (7.91%), Manganese: 0.15mg (7.68%), Vitamin B1: 0.06mg (4.04%), Phosphorus: 38.51mg (3.85%), Vitamin B2: 0.06mg (3.73%), Calcium: 36.21mg (3.62%), Fiber: 0.9g (3.6%), Zinc: 0.54mg (3.58%), Copper: 0.07mg (3.39%), Vitamin B6: 0.07mg (3.3%), Vitamin B3: 0.57mg (2.85%), Selenium: 1.83µg (2.62%), Magnesium: 10.36mg (2.59%), Vitamin A: 127.74IU (2.55%), Vitamin B12: 0.13µg (2.21%), Potassium: 59.72mg (1.71%)