



Sicilian Dried Fruit and Nut Bars (Cuccidati)

 Vegetarian

READY IN



120 min.

SERVINGS



2

CALORIES



2013 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 cup butter softened
- ☐ 0.3 cup plus
- ☐ 0.5 cup apricots dried
- ☐ 1 cup figs dried
- ☐ 1 large eggs
- ☐ 2 servings dough
- ☐ 2.3 cups flour

- ☐ 1.5 tablespoons juice of lemon
- ☐ 1 lemon zest
- ☐ 0.3 cup milk
- ☐ 1.5 cups powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup slivered almonds and walnuts toasted
- ☐ 0.3 cup sugar
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.5 teaspoon vanilla extract and cinnamon

Equipment

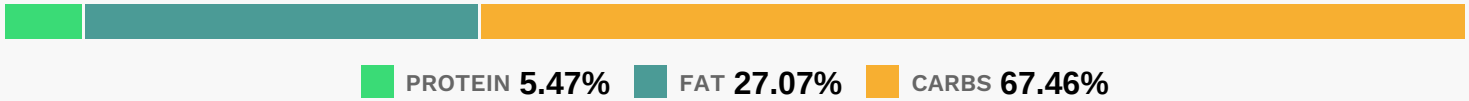
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender

Directions

- ☐ Make filling: Whirl all ingredients in a food processor until fairly smooth, about 3 minutes.
- ☐ Preheat oven to 35
- ☐ Make dough: In a large bowl, beat sugar and butter with a mixer until smooth. Beat in egg, vanilla, and milk.
- ☐ Add salt, baking powder, and flour and beat on low speed until well blended, scraping bowl as needed. Dough will be soft.
- ☐ Divide dough in thirds.
- ☐ Roll each portion between sheets of parchment paper into a 5- by 15-in. rectangle. As made, stack and freeze rectangles on a baking sheet until dough is firm enough to hold its shape, about 15 minutes.

- ☐ Spread 2/3 cup filling down center of a dough rectangle, leaving 1 1/2 in. uncovered on each long side. Using parchment, fold 1 long side of dough over filling, then fold other long side on top. Press lightly to seal; turn packet over.
- ☐ Cut on a diagonal to make 1-in.-wide pieces.
- ☐ Transfer to ungreased baking sheets, setting slightly apart. Repeat to make remaining cookies.
- ☐ Bake until cookies are lightly browned, about 25 minutes, switching pan positions halfway through baking.
- ☐ Transfer to racks to cool.
- ☐ Make icing: Stir powdered sugar, lemon juice, and about 1 tbsp. water (enough for a fairly thick consistency) in a bowl until smooth.
- ☐ Spread or drizzle tops of cookies with icing.
- ☐ Make ahead: Up to 3 days, stored airtight.

Nutrition Facts



Properties

Glycemic Index:228.25, Glycemic Load:130.94, Inflammation Score:-10, Nutrition Score:44.926956860915%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 2012.64kcal (100.63%), Fat: 62.28g (95.82%), Saturated Fat: 32.01g (200.05%), Carbohydrates: 349.29g (116.43%), Net Carbohydrates: 332.85g (121.04%), Sugar: 210.94g (234.38%), Cholesterol: 219.89mg (73.3%), Sodium: 1449.68mg (63.03%), Alcohol: 0.52g (100%), Alcohol %: 0.11% (100%), Protein: 28.3g (56.61%), Manganese: 1.94mg (96.87%), Vitamin B1: 1.38mg (91.81%), Selenium: 64.09µg (91.56%), Folate: 308.03µg (77.01%), Vitamin B2: 1.27mg (74.61%), Fiber: 16.44g (65.76%), Iron: 11.07mg (61.5%), Vitamin A: 2800.17IU (56%), Vitamin B3: 11.14mg (55.72%), Vitamin E: 8.01mg (53.38%), Phosphorus: 496.97mg (49.7%), Calcium: 476.08mg (47.61%), Magnesium:

155.02mg (38.75%), Copper: 0.77mg (38.29%), Potassium: 1311.41mg (37.47%), Zinc: 3.01mg (20.1%), Vitamin B5: 1.87mg (18.71%), Vitamin K: 17.7µg (16.85%), Vitamin B6: 0.3mg (14.87%), Vitamin C: 9.44mg (11.45%), Vitamin B12: 0.54µg (8.98%), Vitamin D: 0.95µg (6.32%)