

Spice Bars

 Vegetarian

READY IN

ready

30 min.

SERVINGS

servings

48

CALORIES

calories

72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter
- ☐ 1 cup confectioners' sugar
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon maple extract flavored
- ☐ 1 cup raisins

- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 2.5 cups water
- ☐ 1 cup sugar white

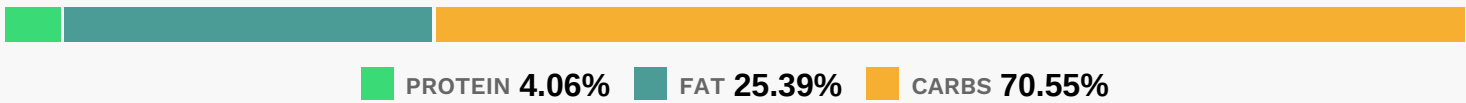
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Grease and flour a 10x15 inch jellyroll pan.
- ☐ Place the raisins and water into a small saucepan. Bring to a boil, and cook for 3 minutes.
- ☐ Drain, and reserve the liquid. Set aside to cool slightly.
- ☐ In a large bowl, cream together the butter and sugar until smooth.
- ☐ Mix in the egg and vanilla until well blended.
- ☐ Combine the flour, baking soda, salt and cinnamon; stir into the batter alternately with the raisin water. Set aside 1/4 cup of the raisin liquid to use for the frosting.
- ☐ Mix in raisins last.
- ☐ Spread the batter evenly into the prepared pan.
- ☐ Bake for 20 minutes in the preheated oven, or until the top is lightly browned. While the cake is baking, stir together the reserved raisin water, maple extract and confectioners' sugar to make a thin glaze.
- ☐ Pour over the cake while still hot. Cool, then cut into squares to serve.

Nutrition Facts



Properties

Glycemic Index:5.39, Glycemic Load:7.06, Inflammation Score:-1, Nutrition Score:1.1343478194397%

Nutrients (% of daily need)

Calories: 72.27kcal (3.61%), Fat: 2.09g (3.21%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 13.04g (4.35%), Net Carbohydrates: 12.67g (4.61%), Sugar: 6.63g (7.37%), Cholesterol: 8.49mg (2.83%), Sodium: 65.2mg (2.83%), Alcohol: 0.03g (100%), Alcohol %: 0.12% (100%), Protein: 0.75g (1.5%), Selenium: 2.13µg (3.04%), Vitamin B1: 0.04mg (2.98%), Manganese: 0.05mg (2.58%), Folate: 10.13µg (2.53%), Vitamin B2: 0.04mg (2.21%), Iron: 0.34mg (1.91%), Vitamin B3: 0.34mg (1.72%), Fiber: 0.37g (1.47%), Vitamin A: 64.16IU (1.28%), Phosphorus: 10.3mg (1.03%)