



## Sugar-Free Raisin Bars

READY IN



40 min.

SERVINGS



16

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 teaspoon baking soda
- 0.3 cup butter cubed
- 1 eggs beaten
- 1 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 1 cup raisins
- 1 cup sugar substitute
- 0.8 cup apple sauce unsweetened

0.3 teaspoon vanilla extract

0.5 cup water

## Equipment

sauce pan

oven

baking pan

## Directions

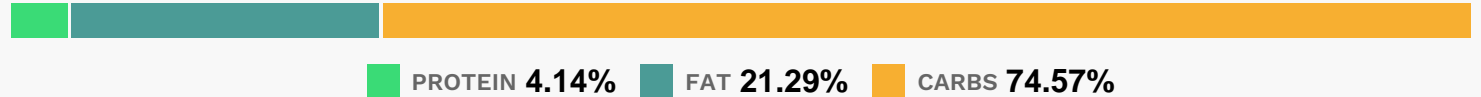
In a saucepan over medium heat, cook raisins, water, butter, cinnamon and nutmeg until butter is melted; continue cooking for 3 minutes.

Add all remaining ingredients.

Spread into an 8-in. square baking dish that has been sprayed with cooking spray.

Bake at 350° for 25–30 minutes or until lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:19.3, Glycemic Load:13.84, Inflammation Score:-1, Nutrition Score:2.2682608780654%

## Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 132.08kcal (6.6%), Fat: 3.29g (5.06%), Saturated Fat: 1.95g (12.17%), Carbohydrates: 25.91g (8.64%), Net Carbohydrates: 24.89g (9.05%), Sugar: 11.16g (12.4%), Cholesterol: 17.86mg (5.95%), Sodium: 98.43mg (4.28%), Alcohol: 0.02g (100%), Alcohol %: 0.05% (100%), Protein: 1.44g (2.88%), Manganese: 0.1mg (5.2%), Selenium: 3.62µg (5.17%), Vitamin B1: 0.08mg (5.06%), Vitamin B2: 0.07mg (4.26%), Fiber: 1.03g (4.1%), Folate: 16.34µg (4.09%), Iron: 0.68mg (3.8%), Vitamin B3: 0.58mg (2.89%), Potassium: 97.48mg (2.79%), Copper: 0.05mg (2.28%), Phosphorus: 22.25mg (2.23%), Vitamin A: 107.2IU (2.14%), Vitamin B6: 0.03mg (1.43%), Magnesium: 5.4mg (1.35%)