



Sunday Brunch: Oat and Date Bars

 Vegetarian

READY IN



60 min.

SERVINGS



16

CALORIES



223 kcal

DESSERT

Ingredients

- ☐ 0.5 cup flour
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup brown sugar
- ☐ 1.5 sticks butter
- ☐ 1.5 cups dates pitted chopped
- ☐ 1 teaspoon ground cinnamon
- ☐ 1.5 cups oats
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 1.5 cups water

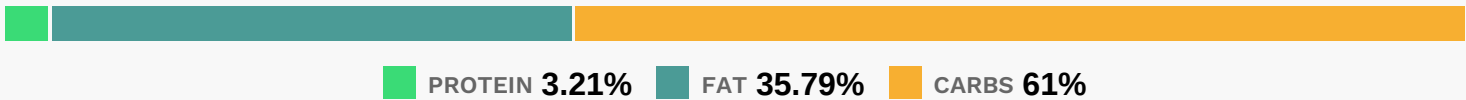
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ pastry cutter

Directions

- ☐ Preheat oven to 400°.
- ☐ Combine water, dates and 1/4 cup sugar in saucepan over medium high heat. Cook until dates are soft and liquid is thickened, about 15 minutes. Cool to room temperature.
- ☐ Combine flour, brown sugar, rolled oats, ground cinnamon, baking powder and salt and mix well. Using your fingers or pastry cutter to combine butter with dry ingredients until dry dough is formed (between crumble topping and pie crust).
- ☐ Butter 8- by 8-inch baking dish and press half crust mixture into the bottom.
- ☐ Pour date mixture over, then remaining crust mixture gently pressing the top crust into place.
- ☐ Bake until edges begin to brown and centre is golden, about 40 minutes. Allow to slightly cool, and cut into bars while still warm.

Nutrition Facts



Properties

Glycemic Index:24.01, Glycemic Load:10.96, Inflammation Score:-2, Nutrition Score:3.8060869396381%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 222.57kcal (11.13%), Fat: 9.19g (14.14%), Saturated Fat: 5.54g (34.63%), Carbohydrates: 35.24g (11.75%), Net Carbohydrates: 33.2g (12.07%), Sugar: 25.29g (28.1%), Cholesterol: 22.78mg (7.59%), Sodium: 173.1mg (7.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.71%), Manganese: 0.37mg (18.48%), Fiber: 2.04g (8.17%), Selenium: 4.23µg (6.04%), Vitamin A: 266.48IU (5.33%), Phosphorus: 52.58mg (5.26%), Vitamin B1: 0.07mg (4.89%), Magnesium: 19.09mg (4.77%), Iron: 0.78mg (4.36%), Potassium: 143.6mg (4.1%), Calcium: 40.55mg (4.06%), Copper: 0.07mg (3.72%), Folate: 12.66µg (3.17%), Vitamin B2: 0.04mg (2.61%), Vitamin B3: 0.51mg (2.56%), Zinc: 0.36mg (2.42%), Vitamin B5: 0.21mg (2.14%), Vitamin E: 0.29mg (1.93%), Vitamin B6: 0.04mg (1.91%), Vitamin K: 1.32µg (1.25%)