



## Two Nut Maple Bars

READY IN



45 min.

SERVINGS



16

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons chocolate-hazelnut spread (Nutella!)
- ☐ 0.5 cup chocolate chips dark
- ☐ 1 large egg white
- ☐ 0.5 tablespoon maple syrup pure
- ☐ 1.5 tablespoons milk
- ☐ 0.3 cup tasting olive oil light
- ☐ 0.8 cups hazelnuts and pecans toasted

- ☐ 0.5 cup powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.8 teaspoon vanilla
- ☐ 1 cup flour whole wheat

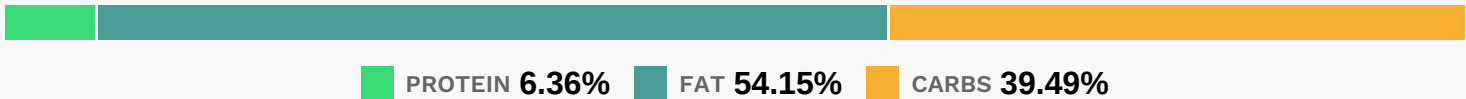
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 350 degrees F. Line an 8 inch square metal pan with foil and spray with flour-added cooking spray.
- ☐ Combine flour, baking powder, soda and salt in a large mixing bow; set aside.In medium bowl whisk together egg whites, maple syrup, oil, milk and vanilla; add to flour mixture. Stir to combine. Stir in the cooled toasted nuts and the chocolate.
- ☐ Spread in prepared pan.
- ☐ Bake 25 to 30 minutes or until a toothpick inserted near center comes out clean. Cool on wire rack and then lift from pan.
- ☐ Spread with Chocolate-Hazelnut Frosting or put the frosting in a freezer bag, snip off the bottom corner, and pipe stripes of it over the top.

## Nutrition Facts



## Properties

Glycemic Index:12.86, Glycemic Load:0.62, Inflammation Score:-2, Nutrition Score:4.7965217961565%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 152.1kcal (7.61%), Fat: 9.59g (14.75%), Saturated Fat: 3.21g (20.05%), Carbohydrates: 15.73g (5.24%), Net Carbohydrates: 13.65g (4.96%), Sugar: 7.55g (8.39%), Cholesterol: 0.22mg (0.08%), Sodium: 95.36mg (4.15%), Alcohol: 0.06g (100%), Alcohol %: 0.25% (100%), Caffeine: 3.25mg (1.08%), Protein: 2.53g (5.07%), Manganese: 0.61mg (30.44%), Selenium: 5.84µg (8.35%), Fiber: 2.08g (8.34%), Copper: 0.16mg (7.97%), Magnesium: 26.68mg (6.67%), Phosphorus: 64.57mg (6.46%), Vitamin E: 0.81mg (5.4%), Vitamin B1: 0.08mg (5.21%), Zinc: 0.73mg (4.88%), Iron: 0.79mg (4.37%), Calcium: 37.07mg (3.71%), Potassium: 118.99mg (3.4%), Vitamin B2: 0.06mg (3.26%), Vitamin K: 2.85µg (2.72%), Vitamin B3: 0.53mg (2.64%), Vitamin B6: 0.05mg (2.6%), Folate: 6.34µg (1.58%), Vitamin B5: 0.15mg (1.48%)