



Zucchini Bars

READY IN



100 min.

SERVINGS



24

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.7 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 0.5 teaspoon vanilla
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 cup zucchini shredded drained

- ☐ 0.5 cup nuts chopped
- ☐ 0.8 cup powdered sugar
- ☐ 1 tablespoon butter softened
- ☐ 0.1 teaspoon ground cloves
- ☐ 3 teaspoons milk

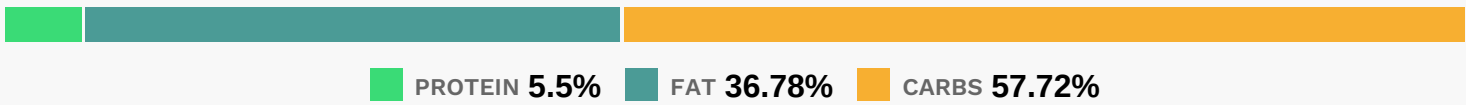
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Grease bottom and sides of 9- or 8-inch square pan. In large bowl, mix brown sugar, butter, vanilla and egg. Stir in flour, baking soda, cinnamon and 1/2 teaspoon cloves. Stir in zucchini and nuts.
- ☐ Spread in pan.
- ☐ Bake 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.
- ☐ In medium bowl, mix all frosting ingredients until smooth and spreadable.
- ☐ Spread frosting over bars. For bars, cut into 6 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:6.78, Glycemic Load:3.05, Inflammation Score:-2, Nutrition Score:2.0417391282061%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 100.14kcal (5.01%), Fat: 4.19g (6.44%), Saturated Fat: 0.78g (4.89%), Carbohydrates: 14.78g (4.93%), Net Carbohydrates: 14.28g (5.19%), Sugar: 9.79g (10.88%), Cholesterol: 6.89mg (2.3%), Sodium: 79.06mg (3.44%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Protein: 1.41g (2.82%), Manganese: 0.15mg (7.31%), Selenium: 2.45µg (3.5%), Vitamin B1: 0.05mg (3.38%), Folate: 13.24µg (3.31%), Vitamin B2: 0.05mg (2.81%), Copper: 0.05mg (2.67%), Phosphorus: 25.91mg (2.59%), Iron: 0.46mg (2.55%), Vitamin A: 127.35IU (2.55%), Magnesium: 9.93mg (2.48%), Vitamin B3: 0.48mg (2.41%), Fiber: 0.5g (2.01%), Potassium: 50.71mg (1.45%), Zinc: 0.2mg (1.32%), Vitamin B6: 0.03mg (1.31%), Calcium: 12.25mg (1.23%), Vitamin C: 0.94mg (1.14%), Vitamin B5: 0.11mg (1.11%)