



Zucchini Bars

READY IN



100 min.

SERVINGS



24

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.7 cup brown sugar packed
- ☐ 1 tablespoon butter softened
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose gold medal®
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 3 teaspoons milk
- ☐ 0.5 cup nuts chopped

- ☐ 0.8 cup powdered sugar
- ☐ 0.5 teaspoon vanilla
- ☐ 1 cup zucchini shredded drained

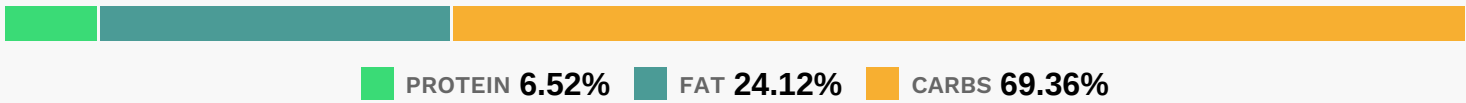
Equipment

- ☐ 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:-1, Nutrition Score:1.8669565177482%

Flavonoids

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

Nutrients (% of daily need)

Calories: 83.03kcal (4.15%), Fat: 2.28g (3.5%), Saturated Fat: 0.39g (2.41%), Carbohydrates: 14.73g (4.91%), Net Carbohydrates: 14.24g (5.18%), Sugar: 9.79g (10.87%), Cholesterol: 6.89mg (2.3%), Sodium: 56.65mg (2.46%),

Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Protein: 1.39g (2.77%), Manganese: 0.12mg (6.06%), Selenium: 2.45µg (3.5%), Vitamin B1: 0.05mg (3.36%), Folate: 13.2µg (3.3%), Vitamin B2: 0.05mg (2.76%), Copper: 0.05mg (2.67%), Phosphorus: 25.32mg (2.53%), Iron: 0.45mg (2.52%), Magnesium: 9.75mg (2.44%), Vitamin B3: 0.48mg (2.41%), Fiber: 0.49g (1.95%), Potassium: 49.29mg (1.41%), Zinc: 0.2mg (1.31%), Vitamin B6: 0.03mg (1.29%), Vitamin C: 0.94mg (1.14%), Calcium: 11.28mg (1.13%), Vitamin B5: 0.11mg (1.09%)