



Zucchini-Coconut Cookie Bars

READY IN



60 min.

SERVINGS



15

CALORIES



279 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 cup brown sugar packed
- 0.8 cup coconut or flaked
- 1 cup confectioners' sugar
- 0.8 cup dates pitted chopped
- 2 eggs
- 1.8 cups flour all-purpose
- 0.3 teaspoon ground cinnamon
- 1 tablespoon butter melted

- 2 tablespoons milk
- 0.8 cup raisins
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 1 cup walnuts finely chopped
- 0.5 cup sugar white
- 2 cups zucchini grated

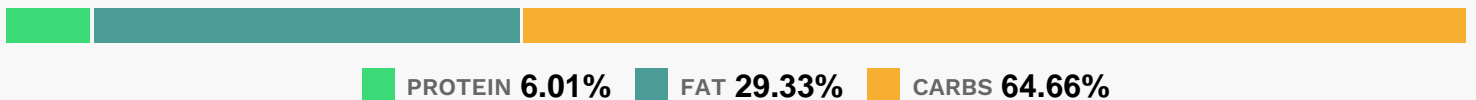
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking pan.
- In a large bowl, cream together the butter, white sugar, and brown sugar.
- Mix in eggs and 1 teaspoon vanilla until fluffy. Sift together the flour, salt, and baking powder; stir into the creamed mixture. Stir in the coconut, dates, raisins, and zucchini.
- Spread batter into the prepared pan.
- Bake in preheated oven for 35 to 40 minutes. To make icing, mix together melted margarine, milk, 1 teaspoon vanilla, cinnamon, and confectioners' sugar.
- Drizzle icing over the bars while still warm.
- Sprinkle chopped nuts over icing.
- Cut into bars when cool.

Nutrition Facts



Properties

Glycemic Index:28.39, Glycemic Load:18.62, Inflammation Score:-3, Nutrition Score:7.0839130282402%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 279.16kcal (13.96%), Fat: 9.49g (14.6%), Saturated Fat: 3.34g (20.87%), Carbohydrates: 47.05g (15.68%), Net Carbohydrates: 44.18g (16.06%), Sugar: 27.37g (30.41%), Cholesterol: 22.06mg (7.35%), Sodium: 145.64mg (6.33%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Protein: 4.37g (8.74%), Manganese: 0.56mg (28.2%), Selenium: 8.43µg (12.04%), Copper: 0.23mg (11.69%), Fiber: 2.87g (11.5%), Vitamin B1: 0.17mg (11.11%), Folate: 43.14µg (10.78%), Vitamin B2: 0.15mg (9.09%), Phosphorus: 90.72mg (9.07%), Iron: 1.58mg (8.77%), Magnesium: 29.46mg (7.37%), Potassium: 246.43mg (7.04%), Vitamin B6: 0.13mg (6.41%), Vitamin B3: 1.24mg (6.2%), Calcium: 54.65mg (5.47%), Vitamin C: 3.55mg (4.3%), Zinc: 0.6mg (4.03%), Vitamin B5: 0.33mg (3.31%), Vitamin A: 103.77IU (2.08%), Vitamin E: 0.2mg (1.32%), Vitamin K: 1.21µg (1.15%), Vitamin B12: 0.06µg (1.07%)