



Zucchini Nut Bars

 Vegetarian

READY IN



45 min.

SERVINGS



40

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup butter
- ☐ 0.3 cup confectioners' sugar sifted
- ☐ 1 cup dates pitted chopped
- ☐ 3 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 1 cup honey
- ☐ 1 pinch salt

- ☐ 1 cup walnuts chopped
- ☐ 0.8 cup zucchini grated

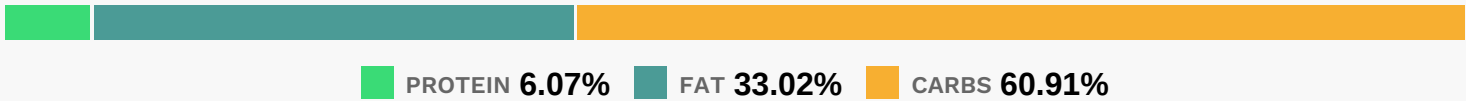
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking pan.
- ☐ Melt the butter over low heat. In a large mixing bowl, combine the butter, honey and eggs. Beat well.
- ☐ Stir in the flour, salt and baking powder and mix well.
- ☐ Mix in zucchini, dates and walnuts until well blended.
- ☐ Spread mixture into baking pan and bake for 25 to 30 minutes, until lightly brown.
- ☐ Cut into 1 x 3 inch long pieces, and roll in confectioners' sugar while still warm.

Nutrition Facts



Properties

Glycemic Index:8.91, Glycemic Load:7.15, Inflammation Score:-1, Nutrition Score:1.9943478133367%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 88.71kcal (4.44%), Fat: 3.43g (5.28%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 14.24g (4.75%), Net Carbohydrates: 13.61g (4.95%), Sugar: 10.42g (11.58%), Cholesterol: 15.33mg (5.11%), Sodium: 26.13mg (1.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Manganese: 0.15mg (7.4%), Selenium: 2.68µg (3.83%), Copper: 0.07mg (3.32%), Folate: 13.03µg (3.26%), Vitamin B1: 0.05mg (3%), Vitamin B2: 0.05mg (2.78%), Phosphorus: 26.91mg (2.69%), Fiber: 0.64g (2.54%), Iron: 0.42mg (2.32%), Magnesium: 8.1mg (2.03%), Vitamin B6:

0.04mg (1.75%), Vitamin B3: 0.33mg (1.67%), Potassium: 56.6mg (1.62%), Calcium: 13.84mg (1.38%), Zinc: 0.2mg (1.32%), Vitamin A: 58.88IU (1.18%), Vitamin B5: 0.12mg (1.18%)