

# Date-Nut Bars

*Kathy Fielding - Port St. Lucie, FL  
Scripps Treasure Coast Newspapers*

*1/4 cup butter, melted  
1 cup sugar  
2 eggs, well beaten  
3/4 cup flour  
1/4 teaspoon baking powder  
1/4 teaspoon salt  
3/4 cup dates, chopped  
1 cup walnuts, chopped  
powdered sugar*

Preheat the oven to 365 degrees.

Line a baking pan with Release nonstick aluminum or wax paper.

In a bowl, mix the butter, sugar, eggs, flour, baking powder, salt, dates and walnuts. Add the ingredients in the order given.

Spread the mixture in the bottom of the prepared pan.

Bake for 25 minutes.

While still warm, cut into finger-shaped pieces. Roll the pieces in powdered sugar.

---

Per Serving (excluding unknown items): 2794 Calories; 128g Fat (39.5% calories from fat); 56g Protein; 385g Carbohydrate; 19g Dietary Fiber; 548mg Cholesterol; 1272mg Sodium. Exchanges: 5 1/2 Grain(Starch); 5 1/2 Lean Meat; 6 Fruit; 22 Fat; 13 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	2794	<b>Vitamin B6 (mg):</b>	1.0mg
<b>% Calories from Fat:</b>	39.5%	<b>Vitamin B12 (mcg):</b>	1.4mcg
<b>% Calories from Carbohydrates:</b>	52.8%	<b>Thiamin B1 (mg):</b>	1.1mg
<b>% Calories from Protein:</b>	7.6%	<b>Riboflavin B2 (mg):</b>	1.1mg
<b>Total Fat (g):</b>	128g	<b>Folacin (mcg):</b>	172mcg
<b>Saturated Fat (g):</b>	37g	<b>Niacin (mg):</b>	9mg
<b>Monounsaturated Fat (g):</b>	33g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	50g	<b>Alcohol (kcal):</b>	0

Cholesterol (mg):	548mg
Carbohydrate (g):	385g
Dietary Fiber (g):	19g
Protein (g):	56g
Sodium (mg):	1272mg
Potassium (mg):	1774mg
Calcium (mg):	268mg
Iron (mg):	12mg
Zinc (mg):	6mg
Vitamin C (mg):	4mg
Vitamin A (i.u.):	2658IU
Vitamin A (r.e.):	613 1/2RE

**% Refuse:** 0.0%

### Food Exchanges

Grain (Starch):	5 1/2
Lean Meat:	5 1/2
Vegetable:	0
Fruit:	6
Non-Fat Milk:	0
Fat:	22
Other Carbohydrates:	13 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 2794                      **Calories from Fat:** 1104

### % Daily Values\*

<b>Total Fat</b> 128g	197%
Saturated Fat 37g	183%
<b>Cholesterol</b> 548mg	183%
<b>Sodium</b> 1272mg	53%
<b>Total Carbohydrates</b> 385g	128%
Dietary Fiber 19g	76%
<b>Protein</b> 56g	
<b>Vitamin A</b>	53%
<b>Vitamin C</b>	7%
<b>Calcium</b>	27%
<b>Iron</b>	66%

\* Percent Daily Values are based on a 2000 calorie diet.