

Raisin Bars

Helen Wanyerka

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Yield: 24 to 36 bars

2 cups seedless raisins
2 cups hot water
1 cup vegetable oil
2 cups sugar
2 eggs, beaten
3 1/2 cups all-purpose flour
1/2 teaspoon salt
2 teaspoons baking soda
2 teaspoons ground cinnamon
2 teaspoons ground nutmeg
2 teaspoons ground allspice
2 teaspoons ground cloves

Preheat the oven to 375 degrees.

In a large bowl, combine the raisins and hot water. Let stand for 5 minutes.

Add all of the remaining ingredients. Blend until smooth. Pour the batter into a 15x10x2-inch baking pan.

Bake for 35 minutes.

Cool and cut into squares.

Per Serving (excluding unknown items): 6147 Calories; 237g Fat (33.8% calories from fat); 68g Protein; 975g Carbohydrate; 29g Dietary Fiber; 424mg Cholesterol; 3800mg Sodium. Exchanges: 22 1/2 Grain(Starch); 1 1/2 Lean Meat; 15 1/2 Fruit; 45 Fat; 27 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	6147	Vitamin B6 (mg):	1.1mg
% Calories from Fat:	33.8%	Vitamin B12 (mcg):	1.3mcg
% Calories from Carbohydrates:	61.9%	Thiamin B1 (mg):	4.0mg
% Calories from Protein:	4.3%	Riboflavin B2 (mg):	2.9mg
Total Fat (g):	237g	Folacin (mcg):	742mcg
Saturated Fat (g):	31g	Niacin (mg):	29mg
Monounsaturated Fat (g):	133g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	50g	Alcohol (kcal):	0
Cholesterol (mg):	424mg	% Refuse:	0%
Carbohydrate (g):	975g	Food Exchanges	
Dietary Fiber (g):	29g	Grain (Starch):	22 1/2

Protein (g): 68g
Sodium (mg): 3800mg
Potassium (mg): 2917mg
Calcium (mg): 399mg
Iron (mg): 31mg
Zinc (mg): 5mg
Vitamin C (mg): 16mg
Vitamin A (i.u.): 573IU
Vitamin A (r.e.): 149RE

Lean Meat: 1 1/2
Vegetable: 0
Fruit: 15 1/2
Non-Fat Milk: 0
Fat: 45
Other Carbohydrates: 27

Nutrition Facts

Amount Per Serving

Calories 6147 **Calories from Fat:** 2077

% Daily Values*

Total Fat 237g	364%
Saturated Fat 31g	155%
Cholesterol 424mg	141%
Sodium 3800mg	158%
Total Carbohydrates 975g	325%
Dietary Fiber 29g	117%
Protein 68g	
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Vitamin A	11%
Vitamin C	27%
Calcium	40%
Iron	172%

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