



All-Bran Chocolate Chip Bars

 Dairy Free

READY IN



50 min.

SERVINGS



24

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 1.3 cup kellogg's® all-bran® original cereal
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.5 cups firmly brown sugar packed
- ☐ 0.8 cup chocolate chips dark
- ☐ 1 large eggs
- ☐ 0.5 cup flour all-purpose well
- ☐ 0.3 cup pecans chopped
- ☐ 0.3 teaspoon salt

- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup vegetable oil
- ☐ 3 tablespoons water
- ☐ 0.5 cup flour whole wheat well

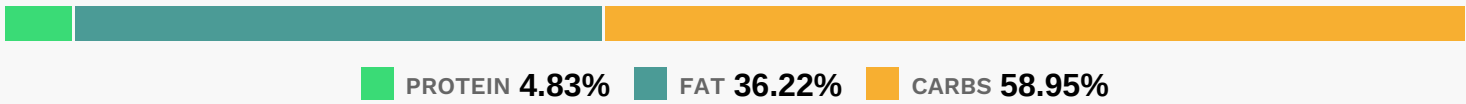
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ aluminum foil

Directions

- ☐ Line a 9×13 inch metal pan with nonstick foil or regular foil. If using regular foil, spray lightly with cooking spray.In a small bowl, stir together bran cereal, flours, baking powder and salt. Set aside.In large mixing bowl, whisk together oil, egg and sugar. Stir in vanilla and water.
- ☐ Add cereal mixture, stirring until well combined. Stir in chocolate chips.
- ☐ Spread evenly in the pan.
- ☐ Sprinkle nuts over the top (if using).
- ☐ Bake at 350° F about 30 minutes or until golden brown.
- ☐ Let cool completely, then lift from pan and cut into 16 or 24 bars or squares.

Nutrition Facts



Properties

Glycemic Index:9.24, Glycemic Load:2.18, Inflammation Score:-3, Nutrition Score:6.5152173793834%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg

Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate:
0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate:
0.03mg

Nutrients (% of daily need)

Calories: 149.83kcal (7.49%), Fat: 6.33g (9.74%), Saturated Fat: 2.3g (14.39%), Carbohydrates: 23.18g (7.73%), Net
Carbohydrates: 21.53g (7.83%), Sugar: 15.87g (17.63%), Cholesterol: 7.81mg (2.6%), Sodium: 80.93mg (3.52%),
Alcohol: 0.06g (100%), Alcohol %: 0.2% (100%), Protein: 1.9g (3.8%), Manganese: 0.44mg (22.23%), Vitamin B6:
0.42mg (20.93%), Folate: 50.8µg (12.7%), Vitamin B12: 0.64µg (10.69%), Vitamin B1: 0.12mg (8.18%), Vitamin B2:
0.13mg (7.42%), Phosphorus: 72.14mg (7.21%), Fiber: 1.64g (6.57%), Calcium: 64.16mg (6.42%), Vitamin K: 6.28µg
(5.98%), Iron: 1.06mg (5.9%), Selenium: 3.89µg (5.55%), Magnesium: 21.16mg (5.29%), Zinc: 0.78mg (5.22%),
Vitamin B3: 0.85mg (4.25%), Copper: 0.08mg (4.22%), Potassium: 108.09mg (3.09%), Vitamin E: 0.44mg (2.91%),
Vitamin B5: 0.17mg (1.66%), Vitamin A: 69.3IU (1.39%), Vitamin D: 0.18µg (1.2%)