



Apricot-Almond Energy Bars

 Dairy Free

READY IN



55 min.

SERVINGS



16

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups raisin cereal oatmeal crisp®
- 0.7 cup apricot dried diced finely
- 0.5 cup slivered almonds toasted
- 1 tablespoon butter
- 0.7 cup plus light
- 0.3 cup brown sugar packed
- 0.5 teaspoon ground cinnamon

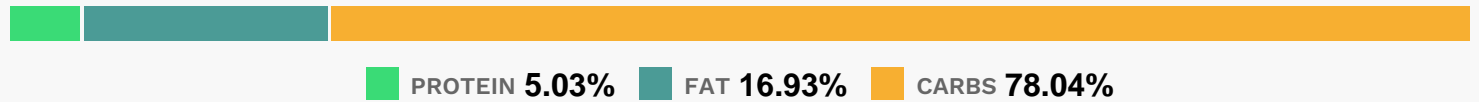
Equipment

- bowl
- frying pan
- aluminum foil
- dutch oven

Directions

- Line bottom and sides of 8-inch square pan with foil. Spray foil with cooking spray. In large bowl, mix cereal, apricots and almonds; set aside
- In 4-quart Dutch oven, heat butter, corn syrup, brown sugar and cinnamon over medium-high heat, stirring constantly, until sugar is dissolved and mixture comes to a boil. Boil 2 minutes, stirring constantly, until slightly thickened.
- Remove from heat. Stir in cereal mixture until coated.
- Spread cereal mixture in pan. Using sheet of waxed paper, press mixture firmly in pan. Cool 30 minutes.
- For bars, cut into 4 rows by 4 rows. Store loosely covered at room temperature up to 1 week.

Nutrition Facts



Properties

Glycemic Index:4.21, Glycemic Load:3.11, Inflammation Score:-5, Nutrition Score:5.7269564944765%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 128.16kcal (6.41%), Fat: 2.62g (4.03%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 27.19g (9.06%), Net Carbohydrates: 24.82g (9.03%), Sugar: 20.93g (23.25%), Cholesterol: 0mg (0%), Sodium: 60.86mg (2.65%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.51%), Manganese: 0.46mg (22.9%), Iron: 2.32mg (12.91%), Folate: 39.58µg (9.89%), Fiber: 2.37g (9.46%), Vitamin E: 1.19mg (7.91%), Magnesium: 29.95mg (7.49%), Vitamin A: 367.34IU (7.35%), Vitamin B2: 0.12mg (7.07%), Vitamin B3: 1.21mg (6.04%), Phosphorus: 57.96mg (5.8%), Vitamin B1: 0.08mg (5.51%), Vitamin B6: 0.1mg (5.12%), Copper: 0.1mg (4.97%), Vitamin B12: 0.28µg (4.62%), Potassium: 151mg (4.31%), Zinc: 0.61mg (4.08%), Calcium: 22.51mg (2.25%), Selenium: 1.05µg (1.5%), Vitamin D: 0.19µg (1.25%)