



## Backpacker Bars

 Dairy Free  Very Healthy

READY IN



110 min.

SERVINGS



1

CALORIES



5539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.8 cup brown sugar packed
- 0.8 cup butter softened
- 1.5 cups corn flakes/bran flakes
- 2 eggs
- 1.5 cups flour all-purpose
- 0.8 cup granulated sugar

- 0.8 cup rolled oats
- 2 tablespoons rolled oats
- 1 cup peanuts chopped
- 0.5 teaspoon salt
- 6 ounces semi chocolate chips
- 1 teaspoon vanilla

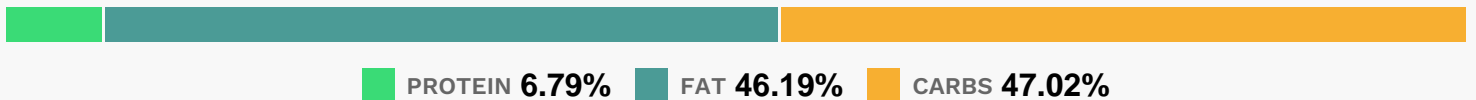
## Equipment

- bowl
- frying pan
- oven

## Directions

- Heat oven to 350F. Crush cereal.
- Mix sugars, butter, vanilla and eggs in large bowl. Stir in flour, cereal, 3/4 cup oats, the baking soda, baking powder and salt. Stir in 3/4 cup of the peanuts and 2/3 cup of the chocolate chips.
- Spread in ungreased rectangular pan, 13x9x2 inches.
- Sprinkle with remaining 1/4 cup peanuts, remaining 1/3 cup chocolate chips and 2 tablespoons oats.
- Bake 25 to 30 minutes or until golden brown. Cool completely, about 1 hour. For 24 bars, cut into 6 rows by 4 rows.

## Nutrition Facts



## Properties

Glycemic Index:403.59, Glycemic Load:253.79, Inflammation Score:-10, Nutrition Score:78.143043731866%

## Nutrients (% of daily need)

Calories: 5539.33kcal (276.97%), Fat: 291.33g (448.2%), Saturated Fat: 81.16g (507.23%), Carbohydrates: 667.43g (222.48%), Net Carbohydrates: 616.55g (224.2%), Sugar: 385.41g (428.23%), Cholesterol: 337.57mg (112.52%), Sodium: 4628.87mg (201.26%), Alcohol: 1.38g (100%), Alcohol %: 0.14% (100%), Caffeine: 146.28mg (48.76%), Protein: 96.33g (192.66%), Manganese: 12.32mg (615.97%), Folate: 1161.74µg (290.43%), Iron: 48.07mg (267.08%), Vitamin B1: 3.68mg (245.29%), Selenium: 170.82µg (244.02%), Vitamin B3: 46.89mg (234.43%), Copper: 4.45mg (222.34%), Magnesium: 884.55mg (221.14%), Phosphorus: 2043.21mg (204.32%), Fiber: 50.88g (203.51%), Vitamin A: 8150.09IU (163%), Vitamin B2: 2.66mg (156.29%), Zinc: 15.77mg (105.15%), Vitamin B6: 1.97mg (98.74%), Potassium: 3256.65mg (93.05%), Calcium: 710.09mg (71.01%), Vitamin B12: 4.26µg (70.99%), Vitamin B5: 6.96mg (69.62%), Vitamin E: 8.09mg (53.9%), Vitamin D: 3.74µg (24.93%), Vitamin K: 15.37µg (14.64%)