



 **62%**  
HEALTH SCORE

## Backpacker Bars

 Dairy Free  Very Healthy

READY IN



110 min.

SERVINGS



8

CALORIES



679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 cups golden beets
- 0.8 cup granulated sugar
- 0.8 cup brown sugar packed
- 0.8 cup butter softened
- 1 teaspoon vanilla
- 2 eggs
- 1.5 cups flour all-purpose
- 0.8 cup rolled oats

- 1 teaspoon baking soda
- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon salt
- 1 cup peanuts chopped
- 6 ounces semi chocolate chips
- 2 tablespoons rolled oats

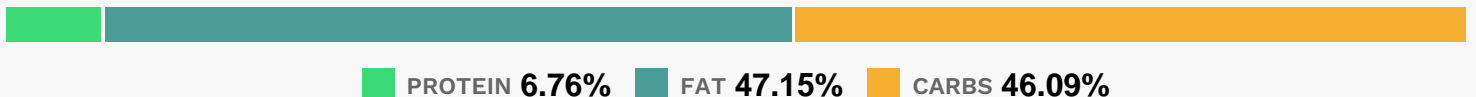
## Equipment

- bowl
- frying pan
- oven

## Directions

- Heat oven to 350°F. 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:49.42, Glycemic Load:29.46, Inflammation Score:-8, Nutrition Score:16.752608584321%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## **Nutrients (% of daily need)**

Calories: 678.78kcal (33.94%), Fat: 36.3g (55.85%), Saturated Fat: 10.12g (63.26%), Carbohydrates: 79.83g (26.61%), Net Carbohydrates: 74.13g (26.96%), Sugar: 48.51g (53.89%), Cholesterol: 42.2mg (14.07%), Sodium: 558mg (24.26%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Caffeine: 18.29mg (6.1%), Protein: 11.71g (23.42%), Manganese: 1.36mg (67.81%), Folate: 122.99µg (30.75%), Copper: 0.54mg (26.87%), Selenium: 17.59µg (25.13%), Magnesium: 99.26mg (24.81%), Vitamin B1: 0.37mg (24.69%), Vitamin B3: 4.69mg (23.47%), Phosphorus: 231.93mg (23.19%), Iron: 4.11mg (22.85%), Fiber: 5.7g (22.81%), Vitamin A: 839.68IU (16.79%), Vitamin B2: 0.24mg (13.96%), Potassium: 449.98mg (12.86%), Zinc: 1.69mg (11.24%), Calcium: 89.54mg (8.95%), Vitamin B5: 0.84mg (8.45%), Vitamin B6: 0.14mg (6.82%), Vitamin E: 0.96mg (6.42%), Vitamin B12: 0.16µg (2.62%), Vitamin K: 1.87µg (1.78%), Vitamin C: 1.29mg (1.57%), Vitamin D: 0.22µg (1.47%)