



WHATSheATE



Banana Nut Cheerios™ Energy Bars



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



24

CALORIES



232 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



4 cups pinenuts



1 cup cranberries dried sweetened



0.3 cup slivered almonds toasted



0.3 cup roasted sunflower seeds unsalted



0.5 cup plus light



0.3 cup brown sugar packed



0.3 cup creamy peanut butter



1 teaspoon vanilla

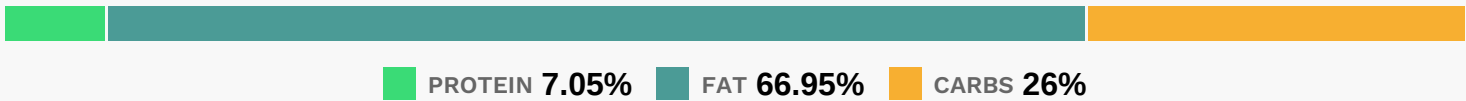
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Spray 9-inch square pan with cooking spray. In large bowl, mix cereal, cranberries, almonds and sunflower nuts.
- ☐ In 2-quart saucepan, heat corn syrup, brown sugar and peanut butter to boiling over medium-high heat, stirring constantly. Boil and stir 1 minute.
- ☐ Remove from heat; stir in vanilla.
- ☐ Pour syrup mixture over cereal mixture; toss to coat. Press firmly in pan. Cool completely, about 30 minutes. For bars, cut into 6 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:1.79, Glycemic Load:1.12, Inflammation Score:-3, Nutrition Score:10.89130438929%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 232.1kcal (11.61%), Fat: 18.54g (28.53%), Saturated Fat: 1.57g (9.8%), Carbohydrates: 16.21g (5.4%), Net Carbohydrates: 14.59g (5.31%), Sugar: 12.58g (13.98%), Cholesterol: 0mg (0%), Sodium: 31.05mg (1.35%), Alcohol: 0.06g (100%), Alcohol %: 0.17% (100%), Protein: 4.39g (8.79%), Manganese: 2.11mg (105.42%), Vitamin E: 3.52mg

(23.44%), Copper: 0.36mg (18.1%), Magnesium: 67.95mg (16.99%), Phosphorus: 167.56mg (16.76%), Vitamin K: 12.58µg (11.98%), Zinc: 1.7mg (11.34%), Iron: 1.46mg (8.13%), Vitamin B3: 1.51mg (7.54%), Vitamin B1: 0.1mg (6.64%), Fiber: 1.62g (6.46%), Potassium: 175.37mg (5.01%), Vitamin B2: 0.08mg (4.71%), Folate: 15.03µg (3.76%), Selenium: 1.9µg (2.72%), Vitamin B6: 0.05mg (2.64%), Vitamin B5: 0.25mg (2.5%), Calcium: 13.88mg (1.39%)