



Banana-Nut Energy Bars



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



133 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup banana ripe mashed
- ☐ 0.3 cup brown sugar packed
- ☐ 1 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup honey
- ☐ 0.3 cup pecans chopped
- ☐ 1.3 cups quick-cooking oats hot (such as Quaker)
- ☐ 0.5 teaspoon salt

- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 tablespoon vegetable oil

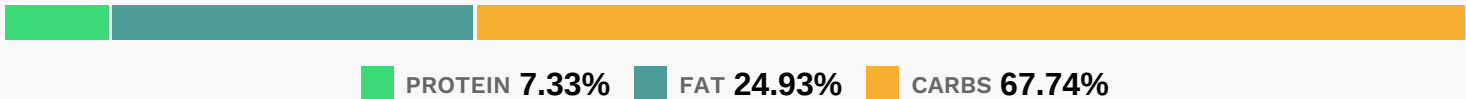
Equipment

- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Beat the first 6 ingredients at medium speed of a mixer until blended. Lightly spoon the flour into a dry measuring cup, and level with a knife. Gradually add the flour, cereal, pecans, and salt to the banana mixture, stirring until well-blended.
- ☐ Spoon mixture into an 8-inch square baking pan coated with cooking spray.
- ☐ Bake at 350 for 25 minutes. Cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:9.84, Inflammation Score:-2, Nutrition Score:4.266086946363%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 132.7kcal (6.63%), Fat: 3.82g (5.87%), Saturated Fat: 0.55g (3.45%), Carbohydrates: 23.34g (7.78%), Net Carbohydrates: 22.01g (8%), Sugar: 12.75g (14.17%), Cholesterol: 15.5mg (5.17%), Sodium: 105.24mg (4.58%), Alcohol: 0.06g (100%), Alcohol %: 0.18% (100%), Protein: 2.53g (5.05%), Manganese: 0.53mg (26.46%), Selenium: 6.2µg (8.85%), Magnesium: 29.6mg (7.4%), Vitamin B1: 0.11mg (7.01%), Phosphorus: 60.76mg (6.08%), Fiber: 1.33g (5.32%), Iron: 0.85mg (4.75%), Folate: 16.14µg (4.04%), Copper: 0.08mg (3.97%), Vitamin B2: 0.07mg (3.84%), Zinc: 0.49mg (3.27%), Vitamin B6: 0.05mg (2.49%), Potassium: 85.31mg (2.44%), Vitamin K: 2.49µg (2.37%), Vitamin B3: 0.46mg (2.32%), Vitamin B5: 0.2mg (2%), Vitamin E: 0.24mg (1.58%), Calcium: 14.56mg (1.46%)