



Banana Nut Snack Bars

 Gluten Free  Dairy Free  Low Fod Map

READY IN



75 min.

SERVINGS



24

CALORIES



302 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons butter (do not use spread or tub products)
- 10.5 oz marshmallows miniature ()
- 6 cups pinenuts
- 0.3 cup sunflower seeds
- 0.3 cup semi chocolate chips
- 1 teaspoon canola oil

Equipment

- bowl

- frying pan
- microwave

Directions

- Spray 13x9-inch pan with cooking spray. In large microwavable bowl, microwave margarine uncovered on High 30 to 45 seconds or until melted.
- Add marshmallows; toss until coated. Microwave uncovered on High 1 minute 15 seconds to 1 minute 45 seconds, stirring every 30 seconds, until mixture can be stirred smooth.
- Stir in cereal and sunflower nuts until well blended. Press evenly in pan.
- In small microwavable bowl, microwave chocolate chips and oil uncovered on High 45 to 60 seconds, stirring very 15 seconds, until melted and smooth.
- Drizzle over bars.
- Cool 1 hour or until glaze is set. For bars, cut into 6 rows by 4 rows. Store loosely covered.

Nutrition Facts

PROTEIN 6.66% **FAT 73.63%** **CARBS 19.71%**

Properties

Glycemic Index:3.35, Glycemic Load:6.14, Inflammation Score:-5, Nutrition Score:12.642173890186%

Nutrients (% of daily need)

Calories: 302.36kcal (15.12%), Fat: 26.36g (40.56%), Saturated Fat: 2.46g (15.38%), Carbohydrates: 15.88g (5.29%), Net Carbohydrates: 14.3g (5.2%), Sugar: 9.09g (10.1%), Cholesterol: 0.11mg (0.04%), Sodium: 27.45mg (1.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.73%), Manganese: 3.03mg (151.64%), Vitamin E: 3.9mg (25.99%), Copper: 0.51mg (25.72%), Magnesium: 94.36mg (23.59%), Phosphorus: 212.62mg (21.26%), Vitamin K: 18.45µg (17.57%), Zinc: 2.32mg (15.5%), Iron: 2.11mg (11.73%), Vitamin B1: 0.15mg (10.09%), Vitamin B3: 1.66mg (8.31%), Potassium: 225.48mg (6.44%), Fiber: 1.57g (6.28%), Vitamin B2: 0.08mg (4.99%), Folate: 15.84µg (3.96%), Vitamin B6: 0.06mg (2.9%), Selenium: 1.59µg (2.27%), Vitamin A: 74.25IU (1.49%), Vitamin B5: 0.13mg (1.34%)