



## Banana Nut Snack Bars

 Dairy Free

READY IN



75 min.

SERVINGS



24

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

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

## Equipment

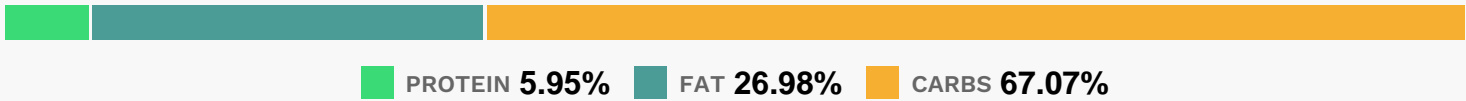
- ☐ bowl

- ☐ 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



## Properties

Glycemic Index:6.36, Glycemic Load:10.63, Inflammation Score:-5, Nutrition Score:7.1213044436729%

## Nutrients (% of daily need)

Calories: 108.02kcal (5.4%), Fat: 3.49g (5.36%), Saturated Fat: 0.85g (5.3%), Carbohydrates: 19.5g (6.5%), Net Carbohydrates: 17.35g (6.31%), Sugar: 9.74g (10.82%), Cholesterol: 0.11mg (0.04%), Sodium: 80.78mg (3.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Manganese: 0.42mg (20.95%), Folate: 71.07µg (17.77%), Iron: 3.04mg (16.92%), Vitamin B1: 0.16mg (10.56%), Vitamin B6: 0.2mg (9.81%), Selenium: 6.6µg (9.44%), Vitamin B3: 1.85mg (9.25%), Vitamin B2: 0.15mg (8.72%), Fiber: 2.15g (8.61%), Vitamin B12: 0.51µg (8.42%), Magnesium: 32.55mg (8.14%), Phosphorus: 63.45mg (6.35%), Vitamin A: 314.47IU (6.29%), Copper: 0.12mg (5.95%), Vitamin E: 0.83mg (5.51%), Zinc: 0.65mg (4.32%), Potassium: 77.29mg (2.21%), Vitamin D: 0.33µg (2.2%), Vitamin B5: 0.12mg (1.16%)