



Banana Nut Snack Bars

 Dairy Free

READY IN



75 min.

SERVINGS



24

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon canola oil
- 6 cups cheerios banana nut cheerios®
- 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:3.35, Glycemic Load:6.14, Inflammation Score:-3, Nutrition Score:4.353043495313%

Nutrients (% of daily need)

Calories: 94.75kcal (4.74%), Fat: 3.62g (5.57%), Saturated Fat: 0.89g (5.57%), Carbohydrates: 15.3g (5.1%), Net Carbohydrates: 14.44g (5.25%), Sugar: 8.12g (9.02%), Cholesterol: 0.11mg (0.04%), Sodium: 52.87mg (2.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Manganese: 0.25mg (12.42%), Folate: 41.85µg (10.46%), Iron: 1.76mg (9.79%), Vitamin B1: 0.1mg (6.45%), Vitamin B6: 0.12mg (6.01%), Vitamin B12: 0.36µg (6.01%), Zinc: 0.85mg (5.67%), Vitamin B3: 1.12mg (5.6%), Vitamin E: 0.77mg (5.14%), Vitamin A: 237.66IU (4.75%), Copper: 0.09mg (4.46%), Magnesium: 15.63mg (3.91%), Selenium: 2.66µg (3.8%), Phosphorus: 37.3mg (3.73%), Fiber: 0.85g (3.41%), Calcium: 22.25mg (2.23%), Potassium: 57.22mg (1.63%), Vitamin C: 1.15mg (1.4%), Vitamin D: 0.19µg (1.26%)