



Berries and Cream Granola Bars

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



47 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 pouch crunchy peanut butter (2 bars)
- 4 teaspoons cream cheese
- 0.3 cup poached berries fresh

Equipment

Directions

- Spread each granola bar with 2 teaspoons softened cream cheese; top with 2 tablespoons fresh mixed berries (blueberries, raspberries, sliced strawberries).

Nutrition Facts



PROTEIN 6.57% **FAT 68.9%** **CARBS 24.53%**

Properties

Glycemic Index:13.5, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:1.0882608579553%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Petunidin: 3.52mg, Petunidin: 3.52mg, Petunidin: 3.52mg, Petunidin: 3.52mg Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg Malvidin: 9.62mg, Malvidin: 9.62mg, Malvidin: 9.62mg, Malvidin: 9.62mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 47.33kcal (2.37%), Fat: 3.76g (5.79%), Saturated Fat: 2.04g (12.75%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2.45g (0.89%), Sugar: 2.05g (2.28%), Cholesterol: 9.96mg (3.32%), Sodium: 33.58mg (1.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.62%), Vitamin K: 3.39µg (3.23%), Vitamin A: 141.3IU (2.83%), Fiber: 0.56g (2.25%), Manganese: 0.04mg (1.93%), Vitamin B2: 0.03mg (1.79%), Phosphorus: 14.27mg (1.43%), Vitamin E: 0.21mg (1.4%), Selenium: 0.91µg (1.3%), Calcium: 11.34mg (1.13%)