



Blueberry-Almond Energy Bars

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



190 min.

SERVINGS



16

CALORIES



185 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 pound almonds
- 0.5 cup cranberries dried unsweetened
- 1 teaspoon ground cinnamon
- 0.7 cup maple syrup
- 0.3 cup sunflower seeds raw
- 1.5 cups rolled oats
- 0.3 cup sesame seed raw

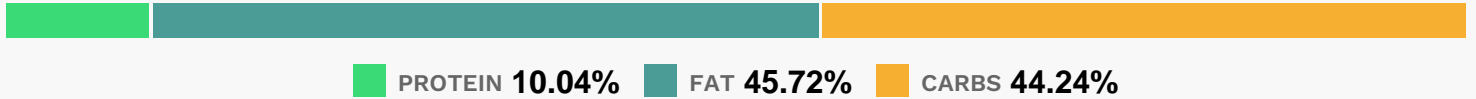
Equipment

- food processor
- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat an oven to 275 degrees F (135 degrees C). Lightly grease a 9-inch square baking dish.
- Grind the almonds, sesame seeds, sunflower seeds, and oats in a food processor until they resemble a coarse meal. Stir the ground mixture in a bowl with the cranberries, blueberries, maple syrup, and cinnamon until evenly combined. Moisten your hands with water and press the mixture into the prepared pan.
- Bake in the preheated oven until toasted, about 1 hour until toasted. Cool completely in the baking dish.
- Cut into 16 bars. Store in an airtight container at room temperature up to 1 week.

Nutrition Facts



Properties

Glycemic Index:9.16, Glycemic Load:5.32, Inflammation Score:-3, Nutrition Score:9.5282607154678%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 184.74kcal (9.24%), Fat: 9.85g (15.16%), Saturated Fat: 0.88g (5.52%), Carbohydrates: 21.45g (7.15%), Net Carbohydrates: 18.19g (6.61%), Sugar: 11.55g (12.83%), Cholesterol: 0mg (0%), Sodium: 2.45mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.74%), Manganese: 1.04mg (51.94%), Vitamin E: 4.49mg (29.9%), Vitamin B2: 0.36mg (21.06%), Magnesium: 66.84mg (16.71%), Copper: 0.31mg (15.59%), Fiber: 3.26g (13.05%), Phosphorus: 128.29mg (12.83%), Calcium: 82.79mg (8.28%), Vitamin B1: 0.12mg (8.2%), Iron: 1.34mg (7.44%), Zinc: 1.11mg (7.37%), Selenium: 4.72µg (6.74%), Potassium: 188.47mg (5.38%), Vitamin B3: 0.91mg (4.56%), Folate: 15.7µg (3.93%), Vitamin B6: 0.08mg (3.77%), Vitamin B5: 0.19mg (1.85%)