



Breakfast Bars topped with NUTELLA®

 Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



220 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 1 eggs lightly beaten
- 0.8 cup flour all-purpose
- 0.3 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 0.3 cup non-hydrogenated margarine melted
- 0.5 cup nutella

- 0.8 cup apple sauce unsweetened
- 0.8 cup flour whole wheat
- 1 cup trail mix
- 1 cup trail mix

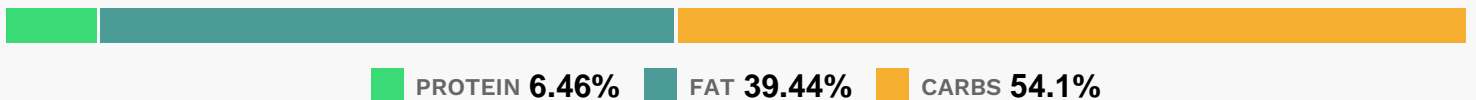
Equipment

- bowl
- oven
- whisk
- baking pan
- toothpicks
- cutting board

Directions

- Preheat oven to 350 degrees F (180 degrees C).
- Coat an 8x8-inch baking pan with cooking spray.
- In a large bowl, whisk together flours, baking soda, baking powder, and cinnamon. In another bowl, whisk together sugar, butter or non-hydrogenated margarine, applesauce and egg.
- Add applesauce mixture to flour mixture and mix just to combine. Gently fold in trail mix and spoon into baking pan. Smooth the surface.
- Bake for 25 to 30 minutes or until a toothpick inserted into the center comes out clean.
- Let cool for 15 minutes and turn out onto a cutting board.
- Let them cool completely.
- When cool, cut into 10 bars.
- Spread the top of each bar with a little NUTELLA®.

Nutrition Facts



Properties

Glycemic Index:27.14, Glycemic Load:11.2, Inflammation Score:-3, Nutrition Score:6.1469565157009%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 219.91kcal (11%), Fat: 9.79g (15.07%), Saturated Fat: 5.4g (33.75%), Carbohydrates: 30.23g (10.08%), Net Carbohydrates: 27.95g (10.16%), Sugar: 14.89g (16.54%), Cholesterol: 16.37mg (5.46%), Sodium: 104.67mg (4.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Manganese: 0.58mg (29.18%), Selenium: 10.72µg (15.31%), Vitamin B1: 0.14mg (9.24%), Fiber: 2.28g (9.12%), Iron: 1.56mg (8.65%), Phosphorus: 78.24mg (7.82%), Vitamin E: 1.07mg (7.11%), Vitamin B2: 0.12mg (6.79%), Copper: 0.13mg (6.48%), Folate: 25.9µg (6.47%), Magnesium: 25.33mg (6.33%), Vitamin B3: 1.09mg (5.42%), Vitamin A: 233.62IU (4.67%), Potassium: 126.3mg (3.61%), Zinc: 0.52mg (3.49%), Vitamin B6: 0.07mg (3.31%), Calcium: 32.49mg (3.25%), Vitamin B5: 0.23mg (2.29%), Vitamin B12: 0.09µg (1.42%)