



Cardamom Granola Bars

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



18

CALORIES



127 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup brown sugar packed
- 6 tablespoons butter
- 1.5 teaspoons ground cardamom
- 3 tablespoons honey
- 0.5 cup raisins
- 2 cups rolled oats
- 0.5 cup walnut pieces toasted chopped

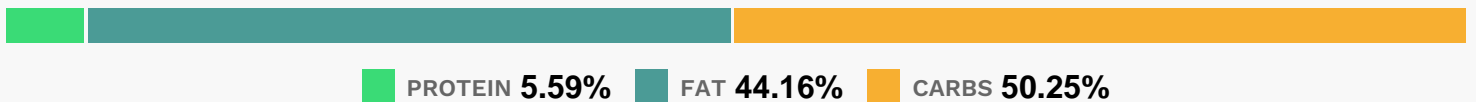
Equipment

- bowl
- frying pan
- sauce pan
- oven
- aluminum foil
- spatula
- cutting board

Directions

- Preheat oven to 350 degrees F.
- Line a 9-inch square pan with foil, extending the foil over the sides.
- Grease the foil with shortening or butter.
- Mix the first 4 ingredients in a bowl.
- Heat the butter, brown sugar and honey in a saucepan until the butter melts and begins to boil.
- Pour this mixture over the dry ingredients and mix until well coated.
- Transfer to the prepared pan and press evenly with a spatula.
- Bake about 30 minutes or until the top is golden brown.
- Cool on rack. Using the foil, lift out of the pan and place on cutting board.
- Cut into 18 bars.

Nutrition Facts



Properties

Glycemic Index:12.56, Glycemic Load:5.33, Inflammation Score:-2, Nutrition Score:3.3460869763208%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

Nutrients (% of daily need)

Calories: 127.42kcal (6.37%), Fat: 6.52g (10.04%), Saturated Fat: 2.71g (16.91%), Carbohydrates: 16.7g (5.57%), Net Carbohydrates: 15.25g (5.54%), Sugar: 7g (7.78%), Cholesterol: 10.03mg (3.34%), Sodium: 33.05mg (1.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.72%), Manganese: 0.5mg (25.04%), Fiber: 1.46g (5.82%), Phosphorus: 52.92mg (5.29%), Copper: 0.1mg (5.14%), Magnesium: 19.69mg (4.92%), Selenium: 2.91µg (4.16%), Vitamin B1: 0.06mg (3.84%), Iron: 0.65mg (3.61%), Zinc: 0.46mg (3.07%), Potassium: 90.4mg (2.58%), Vitamin A: 117.27IU (2.35%), Vitamin B6: 0.04mg (1.85%), Vitamin B2: 0.03mg (1.73%), Folate: 6.44µg (1.61%), Calcium: 14.35mg (1.43%), Vitamin B5: 0.13mg (1.34%), Vitamin E: 0.17mg (1.13%)