



Chewy Granola Bars

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



312 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 cup brown sugar packed
- 1 cup chocolate chips
- 1 tablespoon cinnamon
- 1 eggs
- 1 cup flour all-purpose
- 2 tablespoons honey
- 0.5 cup butter softened

- 1 cup pecans chopped
- 1.3 cups rice cereal
- 1 cup quick-cooking oats uncooked
- 1 cup raisins
- 0.3 teaspoon salt
- 0.3 cup sugar
- 0.5 teaspoon vanilla extract

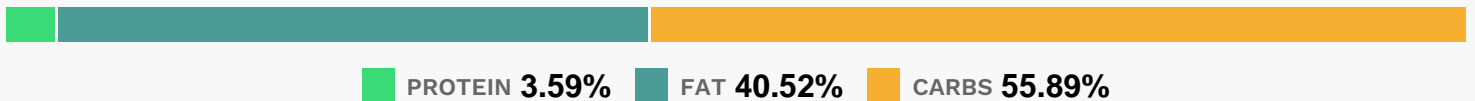
Equipment

- oven
- baking pan

Directions

- Cream margarine, sugars, honey, vanilla and egg, mixing well.
- Combine all dry ingredients and add to creamed mixture. Press into a greased 13"x9"x2" baking pan and bake at 350 degrees for 22 to 28 minutes.
- Let cool; cut into bars. You can substitute peanut butter chips or butterscotch chips for the chocolate if you like.

Nutrition Facts



Properties

Glycemic Index:26.76, Glycemic Load:13.45, Inflammation Score:-3, Nutrition Score:5.8839130583017%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 311.83kcal (15.59%), Fat: 14.59g (22.45%), Saturated Fat: 3.79g (23.7%), Carbohydrates: 45.29g (15.1%), Net Carbohydrates: 43.04g (15.65%), Sugar: 25.44g (28.27%), Cholesterol: 10.23mg (3.41%), Sodium: 127.35mg (5.54%), Alcohol: 0.04g (100%), Alcohol %: 0.08% (100%), Protein: 2.91g (5.82%), Manganese: 0.7mg (35.07%), Vitamin B1: 0.15mg (10.14%), Fiber: 2.25g (9%), Selenium: 5.9µg (8.43%), Copper: 0.15mg (7.7%), Magnesium: 28.98mg (7.25%), Iron: 1.26mg (7%), Phosphorus: 69.83mg (6.98%), Potassium: 191.89mg (5.48%), Vitamin A: 273.88IU (5.48%), Folate: 21.52µg (5.38%), Vitamin B2: 0.09mg (5.35%), Calcium: 46.69mg (4.67%), Zinc: 0.61mg (4.09%), Vitamin B3: 0.76mg (3.82%), Vitamin E: 0.4mg (2.65%), Vitamin B6: 0.05mg (2.61%), Vitamin B5: 0.2mg (2.03%)