



Chewy Nut and Cereal Bars



Vegetarian



Dairy Free

READY IN



4500 min.

SERVINGS



10

CALORIES



253 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4.5 ounces almonds sliced
- ☐ 3 cups rice cereal crisp (preferably brown-rice)
- ☐ 2 large egg whites
- ☐ 0.3 cup honey
- ☐ 3 tablespoons brown sugar light packed
- ☐ 0.3 pound roasted cashews salted coarsely chopped
- ☐ 0.3 cup sesame seed
- ☐ 1 tablespoon vegetable oil

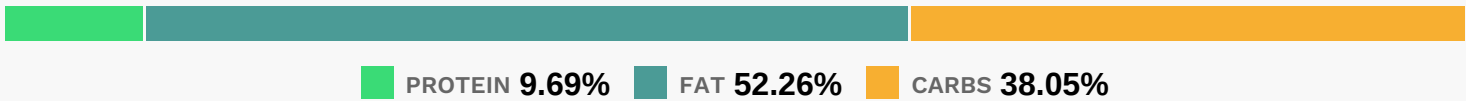
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ cutting board

Directions

- ☐ Preheat oven to 350°F with rack in middle. Lightly oil a 9-inch square baking pan, then line bottom and sides with parchment and lightly oil parchment.
- ☐ Toast almonds in a 4-sided sheet pan until pale golden, 6 to 9 minutes. Stir in sesame seeds and bake until seeds are golden, 3 to 4 minutes more.
- ☐ Transfer to a plate and cool completely.
- ☐ Reduce oven to 325°F.
- ☐ Gently heat honey, brown sugar, and oil in a small saucepan over low heat, stirring, until smooth.
- ☐ Stir together rice cereal, cashews, and almond-sesame mixture in a large bowl.
- ☐ Beat egg whites with a rounded 1/4 teaspoon salt in a small bowl with a fork until foamy, 1 to 2 minutes.
- ☐ Stir honey mixture into cereal mixture, then stir in whites.
- ☐ Spread mixture in baking pan, pressing gently, and bake until golden brown, 35 to 40 minutes. Cool completely, then turn out onto a cutting board and cut into bars.
- ☐ Bars keep chilled in an airtight container 3 weeks.

Nutrition Facts



Properties

Glycemic Index:9.73, Glycemic Load:5.18, Inflammation Score:-4, Nutrition Score:9.4969565218072%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 252.54kcal (12.63%), Fat: 15.53g (23.89%), Saturated Fat: 2.1g (13.1%), Carbohydrates: 25.44g (8.48%), Net Carbohydrates: 22.82g (8.3%), Sugar: 13.95g (15.5%), Cholesterol: 0mg (0%), Sodium: 85.95mg (3.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.95%), Copper: 0.61mg (30.4%), Manganese: 0.52mg (26.01%), Vitamin E: 3.5mg (23.33%), Magnesium: 84.43mg (21.11%), Phosphorus: 156.57mg (15.66%), Vitamin B2: 0.23mg (13.45%), Iron: 2.12mg (11.78%), Fiber: 2.63g (10.5%), Zinc: 1.51mg (10.07%), Calcium: 92.8mg (9.28%), Selenium: 5.61µg (8.02%), Vitamin B1: 0.11mg (7.56%), Folate: 27.44µg (6.86%), Vitamin K: 6.44µg (6.13%), Potassium: 208.9mg (5.97%), Vitamin B3: 1.07mg (5.34%), Vitamin B6: 0.09mg (4.53%), Vitamin B5: 0.23mg (2.25%)