



Chewy Oatmeal Snack Bars

 Dairy Free

READY IN



135 min.

SERVINGS



24

CALORIES



209 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup butter
- 0.7 cup brown sugar packed
- 0.7 cup maple syrup
- 0.7 cup crunchy peanut butter
- 1 teaspoon vanilla
- 3 cups oats
- 1 cup wheat germ
- 1 cup graham cracker crumbs

1 cup cranberries dried sweetened orange-flavored

Equipment

frying pan

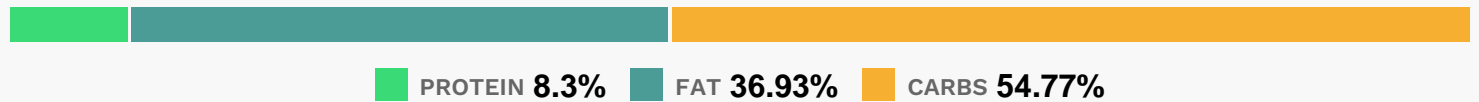
sauce pan

Directions

Grease bottom and sides of 13x9-inch pan with shortening. Melt butter in 2-quart saucepan over medium heat. Stir in brown sugar and maple syrup; heat to boiling. Boil 1 minute, stirring frequently; remove from heat. Stir in peanut butter and vanilla until mixture is smooth.

Stir remaining ingredients into peanut butter mixture, mixing well. Press evenly in pan. Cover and refrigerate about 2 hours or until firm. For bars, cut into 6 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.31, Glycemic Load:7.96, Inflammation Score:-4, Nutrition Score:8.6947825798846%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 209.31kcal (10.47%), Fat: 8.95g (13.77%), Saturated Fat: 1.59g (9.91%), Carbohydrates: 29.87g (9.96%), Net Carbohydrates: 27.33g (9.94%), Sugar: 16.53g (18.36%), Cholesterol: 0mg (0%), Sodium: 106.15mg (4.62%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Protein: 4.53g (9.05%), Manganese: 1.43mg (71.28%), Magnesium: 55.14mg (13.79%), Phosphorus: 118.44mg (11.84%), Selenium: 7.93µg (11.33%), Vitamin B1: 0.17mg (11.17%), Fiber: 2.55g (10.18%), Vitamin B2: 0.17mg (9.96%), Zinc: 1.25mg (8.34%), Vitamin B3: 1.57mg (7.83%), Folate: 25.02µg (6.25%), Iron: 1.12mg (6.24%), Copper: 0.12mg (6.21%), Vitamin B6: 0.11mg (5.54%), Vitamin E: 0.78mg (5.17%), Potassium: 171.57mg (4.9%), Vitamin A: 169.16IU (3.38%), Calcium: 29.34mg (2.93%), Vitamin B5: 0.28mg (2.83%)