



Chex® and O's Snackin' Bars

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups cornflakes
- ☐ 3 cups corn flakes/bran flakes
- ☐ 7 oz fruit mixed dried
- ☐ 1 cup pineapple dried chopped
- ☐ 0.3 cup butter
- ☐ 0.8 cup brown sugar packed
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup plus light

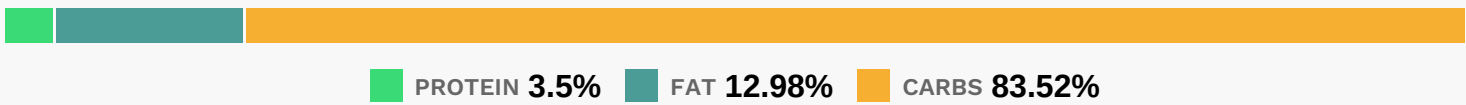
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Spray 13x9-inch pan with cooking spray. In large heatproof bowl, mix cereals, dried fruit and pineapple.
- ☐ In 2-quart saucepan, melt butter over medium heat. Stir in brown sugar, flour and corn syrup.
- ☐ Heat to boiling, stirring constantly. Boil 1 minute over medium heat, stirring occasionally.
- ☐ Pour over cereal mixture; toss to mix well (mixture will be sticky).
- ☐ Spoon cereal mixture into pan; spread evenly. Cool completely before cutting, about 30 minutes. For bars, cut into 6 rows by 6 rows.

Nutrition Facts



Properties

Glycemic Index:5.48, Glycemic Load:3.34, Inflammation Score:-3, Nutrition Score:3.5704348061396%

Nutrients (% of daily need)

Calories: 91.46kcal (4.57%), Fat: 1.41g (2.17%), Saturated Fat: 0.29g (1.8%), Carbohydrates: 20.44g (6.81%), Net Carbohydrates: 19.1g (6.94%), Sugar: 14.95g (16.61%), Cholesterol: 0mg (0%), Sodium: 54.65mg (2.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.71%), Iron: 1.85mg (10.26%), Folate: 31.88µg (7.97%), Manganese: 0.16mg (7.84%), Vitamin B1: 0.09mg (5.7%), Fiber: 1.35g (5.38%), Vitamin B6: 0.11mg (5.32%), Vitamin B2: 0.09mg (5.25%), Vitamin B3: 1.04mg (5.19%), Vitamin B12: 0.28µg (4.75%), Vitamin A: 181.95IU (3.64%), Magnesium: 12.89mg (3.22%), Selenium: 2.21µg (3.15%), Phosphorus: 22.04mg (2.2%), Copper: 0.04mg (1.99%), Potassium: 66.42mg (1.9%), Calcium: 17.58mg (1.76%), Zinc: 0.25mg (1.68%), Vitamin C: 1.19mg (1.45%), Vitamin D: 0.19µg (1.29%)