



Chocolate and Butterscotch Chips Granola Bars

READY IN



45 min.

SERVINGS



16

CALORIES



209 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup plus
- ☐ 0.3 cup brown sugar dark light packed (3 ounces)
- ☐ 0.3 cup maple syrup
- ☐ 0.5 cup pecans roughly chopped
- ☐ 0.5 cup rice krispies
- ☐ 2 cups rolled oats
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup semi-sweet and butterscotch chips mixed

- ☐ 0.5 cup sunflower seed kernels
- ☐ 0.5 cup coconut or unsweetened sweetened flaked
- ☐ 6 tablespoons butter unsalted softened
- ☐ 1 teaspoon vanilla extract

Equipment

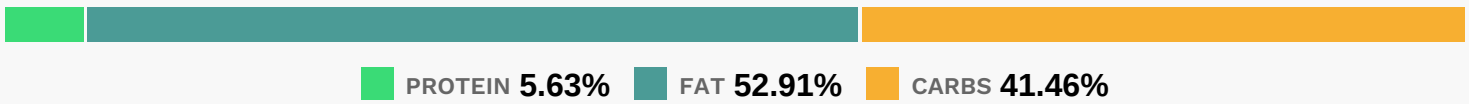
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ candy thermometer

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Place the pecans on a large baking sheet and roast the pecans for about 2 minutes.
- ☐ Add the coconut to the baking sheet and roast along with the pecans for another 4 minutes or until coconut starts to brown and pecans become aromatic.
- ☐ Transfer to a mixing bowl.
- ☐ Add the oats and sunflower seeds to baking sheet and toast for about 8 minutes, stirring every 4 minutes, or just until oats start to brown.
- ☐ Add the toasted oats and seeds to the bowl with the nuts and coconut.
- ☐ Add the Rice Krispies. Raise the oven temperature to 450 degrees F and line a 9×13 inch METAL pan with nonstick foil. Stir the salt, butter, corn syrup, maple syrup and brown sugar together in a saucepan. Turn heat to medium and bring to a boil.
- ☐ Place a candy thermometer in the saucepan and allow mixture to boil over medium heat, without stirring, until mixture reaches 248 degrees F or “firm ball stage” on a deep fry or candy thermometer.

- ☐ Remove from heat and quickly pour syrup over dry ingredients.
- ☐ Add the vanilla, and stir until dry ingredients are moistened.
- ☐ Pour into the pan. With a sheet of nonstick foil, press down flat.
- ☐ Sprinkle the chips across the top.
- ☐ Put the pan in the oven and bake for 5 to 6 minutes at 450 degree F.
- ☐ Remove from oven. They will be hot, bubbly and mushy.
- ☐ Let cool for 8 to 10 minutes. Score the bars in half lengthwise, then cut crosswise to make 14 to 16 bars, depending on how skinny you want them. Do not separate (they'll be too mushy, anyway).
- ☐ Let cool for another hour or until bars are room temperature. Pull them apart and wrap individually.

Nutrition Facts



Properties

Glycemic Index:7.84, Glycemic Load:4.46, Inflammation Score:-3, Nutrition Score:7.2934783437978%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 209.07kcal (10.45%), Fat: 12.71g (19.55%), Saturated Fat: 5.56g (34.73%), Carbohydrates: 22.4g (7.47%), Net Carbohydrates: 19.95g (7.26%), Sugar: 12.48g (13.87%), Cholesterol: 11.51mg (3.84%), Sodium: 84.94mg (3.69%), Alcohol: 0.09g (100%), Alcohol %: 0.25% (100%), Caffeine: 3.22mg (1.08%), Protein: 3.04g (6.08%), Manganese: 0.86mg (42.79%), Vitamin E: 1.95mg (13.01%), Copper: 0.23mg (11.41%), Magnesium: 42.5mg (10.63%), Vitamin B1: 0.16mg (10.41%), Fiber: 2.45g (9.79%), Phosphorus: 96.36mg (9.64%), Selenium: 6.39µg (9.12%), Iron: 1.36mg (7.55%), Vitamin B2: 0.12mg (6.86%), Zinc: 0.96mg (6.42%), Vitamin B6: 0.1mg (5.25%), Folate: 19.27µg (4.82%), Vitamin A: 195.28IU (3.91%), Potassium: 132.03mg (3.77%), Vitamin B3: 0.72mg (3.59%), Calcium: 24.34mg (2.43%), Vitamin B5: 0.24mg (2.38%), Vitamin B12: 0.08µg (1.32%)