



Chocolate Crunch

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 ounces bittersweet chocolate finely chopped (60 to 70 percent cocoa)
- 0.5 cup brown sugar packed
- 2 tablespoons canola oil
- 1 cup oven-toasted rice cereal (such as Rice Krispies)
- 0.5 cup cranberries dried
- 0.3 teaspoon ground cinnamon
- 0.3 cup honey
- 3 cups regular oats

- 0.3 cup pecans chopped
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract

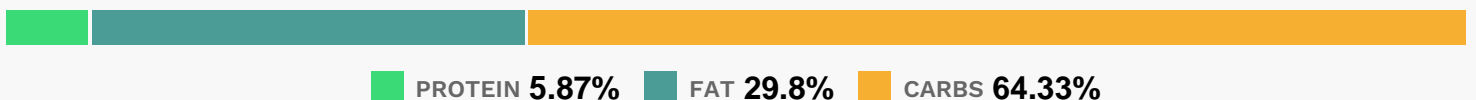
Equipment

- bowl
- frying pan
- sauce pan
- baking paper
- oven
- whisk

Directions

- Preheat oven to 30
- Cover a jelly-roll pan with parchment paper. Coat parchment paper with cooking spray.
- Combine oats, rice cereal, brown sugar, chopped pecans, salt, and ground cinnamon in a large bowl.
- Combine honey and canola oil in a small saucepan over low heat; cook 2 minutes or until warm.
- Remove from heat.
- Add vanilla and chocolate; stir with a whisk until smooth.
- Pour chocolate mixture over oat mixture. Lightly coat hands with cooking spray. Gently mix chocolate mixture and oat mixture until combined.
- Spread oat mixture onto prepared jelly-roll pan.
- Bake at 300 for 20 minutes, stirring after 10 minutes. Cool completely on pan; stir in cranberries.

Nutrition Facts



Properties

Glycemic Index:6.7, Glycemic Load:5.79, Inflammation Score:-2, Nutrition Score:5.7534782666227%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 170.32kcal (8.52%), Fat: 5.81g (8.93%), Saturated Fat: 1.23g (7.69%), Carbohydrates: 28.2g (9.4%), Net Carbohydrates: 25.91g (9.42%), Sugar: 15.48g (17.2%), Cholesterol: 0.21mg (0.07%), Sodium: 89.94mg (3.91%), Alcohol: 0.09g (100%), Alcohol %: 0.27% (100%), Caffeine: 3.05mg (1.02%), Protein: 2.57g (5.14%), Manganese: 0.79mg (39.32%), Fiber: 2.3g (9.19%), Iron: 1.58mg (8.77%), Phosphorus: 81.16mg (8.12%), Magnesium: 31.4mg (7.85%), Selenium: 5.26µg (7.51%), Vitamin B1: 0.11mg (7.34%), Copper: 0.14mg (7.16%), Zinc: 1mg (6.69%), Folate: 18.05µg (4.51%), Vitamin B2: 0.06mg (3.45%), Vitamin E: 0.51mg (3.39%), Potassium: 101.88mg (2.91%), Vitamin B6: 0.06mg (2.9%), Vitamin B3: 0.57mg (2.87%), Calcium: 24.69mg (2.47%), Vitamin B5: 0.25mg (2.46%), Vitamin K: 2.2µg (2.1%), Vitamin B12: 0.1µg (1.68%)