



Cinnamon-Pecan Crispy Bars

READY IN



20 min.

SERVINGS



15

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1.3 cups cranberries dried divided
- ☐ 1 teaspoon ground cinnamon
- ☐ 10.5 oz marshmallows miniature
- ☐ 15 oz bread
- ☐ 0.3 cup pecans chopped

Equipment

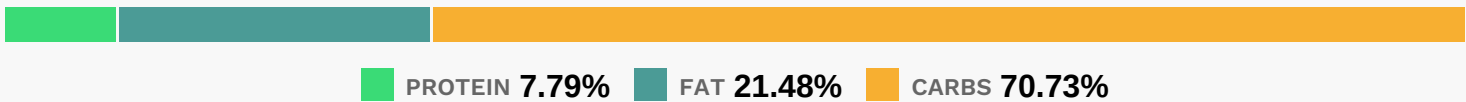
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Place pecans in a single layer on a shallow pan.
- ☐ Bake at 350 for 8 to 9 minutes or until toasted, stirring once after 5 minutes.
- ☐ Melt butter in a large saucepan over low heat.
- ☐ Add marshmallows, and cook, stirring constantly, 4 to 5 minutes or until melted and smooth.
- ☐ Remove from heat.
- ☐ Stir in cereal and 1 cup cranberries until well coated.
- ☐ Press mixture into a 13- x 9-inch baking dish coated with cooking spray.
- ☐ Sprinkle with toasted pecans and cinnamon. Chop remaining 1/4 cup cranberries, and sprinkle on top.
- ☐ Let stand 10 to 15 minutes or until firm.
- ☐ Cut into 24 bars.
- ☐ Note: For testing purposes only, we used Kashi GOLEAN Crunch! cereal.

Nutrition Facts



Properties

Glycemic Index:13.01, Glycemic Load:17.09, Inflammation Score:-2, Nutrition Score:5.6621739091757%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg 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: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg 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: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 201.83kcal (10.09%), Fat: 5.01g (7.71%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 37.13g (12.38%), Net Carbohydrates: 34.59g (12.58%), Sugar: 20.11g (22.34%), Cholesterol: 6.02mg (2.01%), Sodium: 161.97mg (7.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.18%), Manganese: 0.76mg (37.8%), Selenium: 7.83µg (11.18%), Fiber: 2.54g (10.15%), Vitamin B1: 0.13mg (8.47%), Phosphorus: 69.35mg (6.93%), Vitamin B3: 1.36mg (6.78%), Magnesium: 25.43mg (6.36%), Copper: 0.12mg (5.83%), Calcium: 51.26mg (5.13%), Iron: 0.88mg (4.88%), Zinc: 0.62mg (4.14%), Vitamin B6: 0.07mg (3.53%), Vitamin B2: 0.05mg (3.17%), Folate: 12.68µg (3.17%), Vitamin K: 3.29µg (3.14%), Vitamin E: 0.46mg (3.09%), Potassium: 87.08mg (2.49%), Vitamin B5: 0.24mg (2.4%), Vitamin A: 72.45IU (1.45%)