



Cranberry Almond Crunchers

 Vegetarian

READY IN



25 min.

SERVINGS



36

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 tsp almond extract
- 13 oz grain cereal flakes whole with cranberries and almonds (6 cups)
- 14 oz condensed milk sweetened canned

Equipment

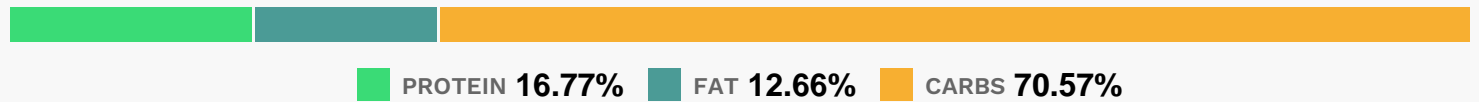
- bowl
- frying pan
- oven
- wire rack

- baking pan
- aluminum foil

Directions

- Preheat oven to 325F.
- Mix all ingredients in large bowl until well blended.
- Line 13x9-inch baking pan with foil, with ends of foil extending over sides of pan to form handles. Grease foil. Press cereal mixture firmly into prepared pan with lightly greased hands.
- Bake 15 minutes or until golden brown. Immediately lift bars from pan using foil handles. Cool on wire rack 10 minutes; remove foil. Cool completely on wire rack.
- Cut into 36 bars.

Nutrition Facts



Properties

Glycemic Index:1.69, Glycemic Load:3.66, Inflammation Score:-1, Nutrition Score:2.4708695494286%

Nutrients (% of daily need)

Calories: 73.49kcal (3.67%), Fat: 1.02g (1.57%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 12.8g (4.27%), Net Carbohydrates: 12.28g (4.47%), Sugar: 8.74g (9.71%), Cholesterol: 3.75mg (1.25%), Sodium: 50.86mg (2.21%), Alcohol: 0.02g (100%), Alcohol %: 0.12% (100%), Protein: 3.04g (6.08%), Vitamin B1: 0.15mg (10.08%), Vitamin B2: 0.15mg (9.08%), Vitamin B6: 0.11mg (5.4%), Calcium: 51.79mg (5.18%), Iron: 0.79mg (4.38%), Folate: 14.01µg (3.5%), Vitamin C: 2.85mg (3.45%), Vitamin B3: 0.66mg (3.29%), Phosphorus: 27.9mg (2.79%), Selenium: 1.63µg (2.33%), Fiber: 0.52g (2.09%), Potassium: 40.99mg (1.17%)