



Cranberry Crisp Bars

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



149 kcal

Ingredients

- ☐ 0.3 cup almonds chopped
- ☐ 2 tablespoons butter
- ☐ 3.5 cups rice cereal crisp toasted
- ☐ 12 oz marshmallows miniature
- ☐ 3 tablespoons peanut butter
- ☐ 0.3 cup pecans chopped
- ☐ 0.3 cup sesame seed
- ☐ 0.3 cup sunflower seed hulled chopped
- ☐ 1 cup cranberries dried sweetened chopped

☐ 0.3 cup coconut or dried shredded unsweetened

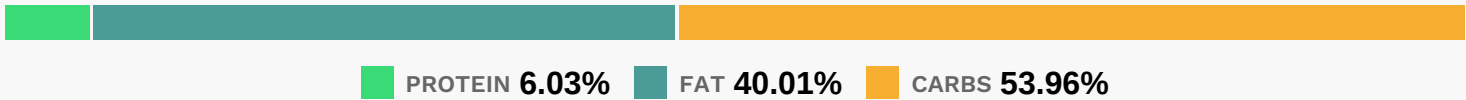
Equipment

- ☐ frying pan
- ☐ aluminum foil
- ☐ pot holder

Directions

- ☐ In a 10- to 12-inch frying pan over medium heat, stir sesame seed, sunflower seed, pecans, and almonds until sesame seed is pale gold, about 3 minutes.
- ☐ Add coconut and stir until sesame seed and coconut are golden, about 2 minutes. Stir in cereal and cranberries.
- ☐ Remove from heat.
- ☐ Meanwhile, in a 5- to 6-quart pan, combine peanut butter, 2 tablespoons butter, and marshmallows. Stir often over low heat until marshmallows melt and mixture is smooth, about 5 minutes.
- ☐ Add cereal mixture and mix quickly to coat evenly.
- ☐ Pour into a buttered 9- by 13-inch pan or dish. Cover with foil and, using pot holders to protect your hands, press firmly to make an even layer. At once, peel off foil.
- ☐ Cool or chill until mixture is set.
- ☐ Cut into 24 bars, each about 1 1/2 by 3 inches.
- ☐ Serve, or store airtight at room temperature up to 3 days.

Nutrition Facts



Properties

Glycemic Index:6.23, Glycemic Load:7.16, Inflammation Score:-3, Nutrition Score:5.9086956498416%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 149.02kcal (7.45%), Fat: 7.03g (10.81%), Saturated Fat: 1.56g (9.78%), Carbohydrates: 21.32g (7.11%), Net Carbohydrates: 19.85g (7.22%), Sugar: 12.65g (14.06%), Cholesterol: 0mg (0%), Sodium: 63.92mg (2.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Manganese: 0.42mg (21.07%), Iron: 1.95mg (10.85%), Vitamin E: 1.53mg (10.22%), Copper: 0.2mg (10.15%), Folate: 38.62µg (9.65%), Vitamin B1: 0.12mg (7.82%), Vitamin B3: 1.38mg (6.9%), Zinc: 1.02mg (6.8%), Vitamin B6: 0.14mg (6.77%), Magnesium: 26.8mg (6.7%), Vitamin B2: 0.11mg (6.26%), Fiber: 1.47g (5.87%), Phosphorus: 56.21mg (5.62%), Selenium: 3.21µg (4.58%), Calcium: 45.28mg (4.53%), Vitamin B12: 0.22µg (3.69%), Vitamin A: 116.64IU (2.33%), Potassium: 71.89mg (2.05%), Vitamin B5: 0.15mg (1.46%), Vitamin C: 0.95mg (1.15%)