



Cranberry Trail Bars

 Dairy Free

READY IN



25 min.

SERVINGS



24

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup almonds chopped
- ☐ 2 tablespoons butter
- ☐ 3.5 cups rice cereal crisp
- ☐ 1 cup cranberries dried
- ☐ 7 cups marshmallows miniature
- ☐ 3 tablespoons peanut butter
- ☐ 0.3 cup pecans chopped
- ☐ 0.3 cup sunflower seeds raw

- ☐ 0.3 cup sesame seed
- ☐ 0.3 cup coconut or unsweetened flaked

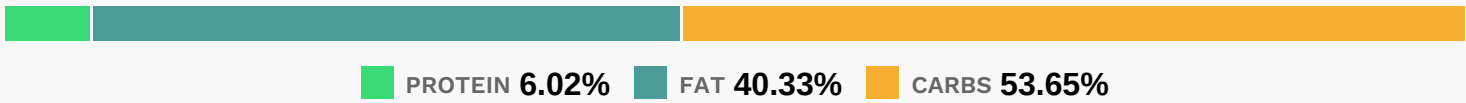
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ In a large skillet over medium heat, stir together the sesame seeds, sunflower seeds, pecans and almonds. Cook until the sesame seeds are starting to turn golden, about 3 minutes.
- ☐ Add coconut, and stir until sesame seeds are golden. Watch carefully, as they burn easily. Stir in the cranberries and cereal, and remove from heat.
- ☐ In a large saucepan, combine the peanut butter, butter and marshmallows. Cook and stir over low heat until marshmallows are melted.
- ☐ Pour in the cereal and nut mixture, and stir until evenly coated. Press lightly into a greased 9x13 inch baking dish.
- ☐ Let stand until cool, then cut into bars. Store in an airtight container, or wrap individually in plastic wrap.

Nutrition Facts



Properties

Glycemic Index:6.23, Glycemic Load:7.37, Inflammation Score:-2, Nutrition Score:3.8352173795195%

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: 145.24kcal (7.26%), Fat: 6.91g (10.62%), Saturated Fat: 1.49g (9.32%), Carbohydrates: 20.66g (6.89%), Net Carbohydrates: 19.26g (7%), Sugar: 12.56g (13.96%), Cholesterol: 0mg (0%), Sodium: 32.49mg (1.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.64%), Manganese: 0.28mg (13.87%), Vitamin E: 1.52mg (10.14%), Copper: 0.2mg (9.94%), Magnesium: 26.34mg (6.59%), Fiber: 1.41g (5.63%), Phosphorus: 53.4mg (5.34%), Vitamin B1: 0.07mg (4.97%), Iron: 0.72mg (3.99%), Selenium: 2.71µg (3.87%), Vitamin B3: 0.75mg (3.74%), Folate: 13.63µg (3.41%), Zinc: 0.5mg (3.34%), Vitamin B6: 0.06mg (3.11%), Calcium: 30.94mg (3.09%), Vitamin B2: 0.05mg (2.97%), Potassium: 67.06mg (1.92%)