



## Crunchy Trail Mix Bars

 Dairy Free

READY IN



50 min.

SERVINGS



36

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup brown sugar packed
- 0.3 cup butter
- 4 cups cheerios cheerios®
- 0.5 cup plus light
- 2 tablespoons flour all-purpose gold medal®
- 3 cups frangelico dried (seeds, nuts and fruits)
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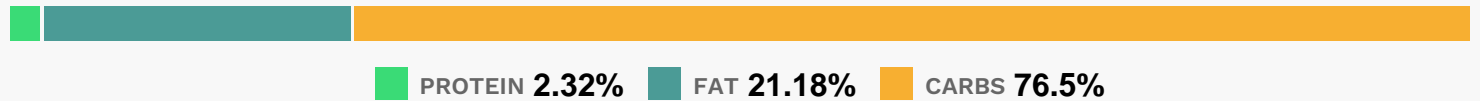
## Equipment

- bowl
- frying pan
- sauce pan

## Directions

- Grease 13x9-inch pan with shortening or cooking spray. In large bowl, mix cereal and trail mix; set aside.
- In 2-quart saucepan, melt butter over medium heat. Stir in brown sugar, flour and corn syrup. Cook, stirring occasionally, until mixture comes to a full boil. Boil 1 minute, stirring constantly.
- Pour mixture evenly over cereal mixture; toss to coat. Press mixture in pan. Cool completely, about 30 minutes.
- Cut into 6 rows by 6 rows.

## Nutrition Facts



## Properties

Glycemic Index:2.61, Glycemic Load:0.92, Inflammation Score:-2, Nutrition Score:1.5847826219447%

## Nutrients (% of daily need)

Calories: 58.16kcal (2.91%), Fat: 1.44g (2.21%), Saturated Fat: 0.3g (1.88%), Carbohydrates: 11.67g (3.89%), Net Carbohydrates: 11.43g (4.15%), Sugar: 9.67g (10.75%), Cholesterol: 0mg (0%), Sodium: 31.12mg (1.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.71%), Manganese: 0.09mg (4.48%), Folate: 17.5µg (4.37%), Iron: 0.74mg (4.09%), Vitamin A: 133.36IU (2.67%), Vitamin B12: 0.16µg (2.66%), Vitamin B1: 0.04mg (2.44%), Zinc: 0.34mg (2.26%), Vitamin B3: 0.45mg (2.25%), Vitamin B6: 0.04mg (2.23%), Calcium: 14.55mg (1.46%), Selenium: 0.83µg (1.18%)