



Dark Chocolate-Raspberry Breakfast Bars

 Vegetarian

READY IN



8 min.

SERVINGS



10

CALORIES



301 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup brown rice cereal crispy
- ☐ 0.8 cup brown sugar
- ☐ 4 large eggs lightly beaten
- ☐ 0.5 cup raspberries fresh thawed
- ☐ 1 teaspoon sea salt
- ☐ 0.3 cup raspberry fruit spread seedless
- ☐ 2 tablespoons butter unsalted
- ☐ 5 ounces chocolate unsweetened coarsely chopped

- ☐ 1.3 teaspoons vanilla extract
- ☐ 0.3 cup pastry flour whole wheat

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ double boiler
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Line an 8- or 9-inch square baking pan with nonstick aluminum foil or parchment paper. Set aside.
- ☐ Pour water to a depth of 1 inch into bottom of a double boiler over medium heat; bring to a boil. Reduce heat, and simmer; place chocolate and butter in top of double boiler. Cook, stirring occasionally, 3 minutes or until melted.
- ☐ Remove from heat.
- ☐ Combine chocolate mixture, sugar, and next 3 ingredients in a large bowl, and stir until well blended.
- ☐ Add in flour, then eggs, stirring until combined. Fold in cereal.
- ☐ Pour batter evenly into prepared pan.
- ☐ Sprinkle with raspberries, pressing berries gently halfway into batter.
- ☐ Bake 30 minutes. (Center will be moist.) Cool completely on a rack.
- ☐ Cut into 10 bars. Store in an airtight container in refrigerator for 10 days or freeze up to 2 months.

Nutrition Facts



Properties

Glycemic Index:13.98, Glycemic Load:12.43, Inflammation Score:-5, Nutrition Score:12.182173977727%

Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 9.2mg, Catechin: 9.2mg, Catechin: 9.2mg, Catechin: 9.2mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 20.32mg, Epicatechin: 20.32mg, Epicatechin: 20.32mg, Epicatechin: 20.32mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 300.84kcal (15.04%), Fat: 12.24g (18.84%), Saturated Fat: 6.77g (42.32%), Carbohydrates: 46.5g (15.5%), Net Carbohydrates: 42.56g (15.48%), Sugar: 22.05g (24.5%), Cholesterol: 80.42mg (26.81%), Sodium: 273.85mg (11.91%), Alcohol: 0.17g (100%), Alcohol %: 0.23% (100%), Caffeine: 11.34mg (3.78%), Protein: 6.46g (12.92%), Manganese: 1.53mg (76.36%), Copper: 0.57mg (28.36%), Magnesium: 84.78mg (21.2%), Iron: 3.52mg (19.55%), Phosphorus: 165.99mg (16.6%), Fiber: 3.94g (15.77%), Selenium: 10.23µg (14.61%), Zinc: 2.15mg (14.34%), Vitamin B1: 0.13mg (8.75%), Vitamin B6: 0.16mg (8.17%), Vitamin B2: 0.13mg (7.8%), Potassium: 251.88mg (7.2%), Vitamin B5: 0.69mg (6.85%), Vitamin B3: 1.29mg (6.43%), Folate: 21.68µg (5.42%), Calcium: 51.48mg (5.15%), Vitamin A: 180.31IU (3.61%), Vitamin C: 2.57mg (3.11%), Vitamin B12: 0.18µg (3.05%), Vitamin D: 0.44µg (2.95%), Vitamin E: 0.43mg (2.84%), Vitamin K: 2.17µg (2.07%)