

Easy Granola Bars

 Gluten Free

READY IN



35 min.

SERVINGS



15

CALORIES



335 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup almonds sliced
- ☐ 2 tablespoons butter melted
- ☐ 1 cup coconut or flaked
- ☐ 3 cups quick-cooking oats
- ☐ 1 cup semi chocolate chips miniature
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 0.5 cup cranberries dried sweetened

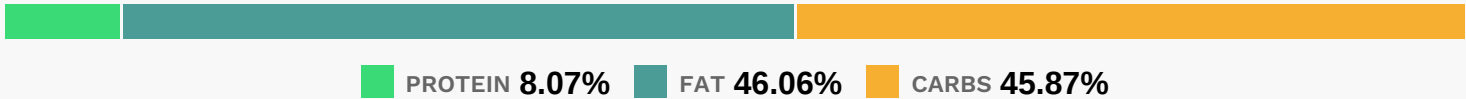
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan.
- ☐ In a large bowl, mix together the oats, sweetened condensed milk, butter, coconut, almonds, chocolate chips and cranberries with your hands until well blended. Press flat into the prepared pan.
- ☐ Bake for 20 to 25 minutes in the preheated oven, depending on how crunchy you want them. Lightly browned just around the edges will give you moist, chewy bars.
- ☐ Let cool for 5 minutes, cut into squares then let cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:15.03, Inflammation Score:-5, Nutrition Score:11.39347818753%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 335.16kcal (16.76%), Fat: 17.73g (27.28%), Saturated Fat: 9.55g (59.66%), Carbohydrates: 39.73g (13.24%), Net Carbohydrates: 35.04g (12.74%), Sugar: 24.03g (26.7%), Cholesterol: 13.96mg (4.65%), Sodium: 50.03mg (2.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 13.56mg (4.52%), Protein: 6.99g (13.99%), Manganese: 1.21mg (60.71%), Magnesium: 100.28mg (25.07%), Phosphorus: 224.17mg (22.42%), Fiber: 4.69g (18.76%), Copper: 0.37mg (18.58%), Selenium: 12.1µg (17.28%), Vitamin E: 1.97mg (13.15%), Vitamin B2: 0.21mg (12.62%), Iron: 2.23mg (12.4%), Calcium: 111.33mg (11.13%), Zinc: 1.5mg (9.98%), Potassium: 323.8mg (9.25%), Vitamin B1: 0.13mg (8.87%),

Vitamin B5: 0.45mg (4.46%), Vitamin B6: 0.06mg (3.1%), Vitamin B3: 0.6mg (3%), Folate: 11.36µg (2.84%), Vitamin A: 125.24IU (2.5%), Vitamin B12: 0.15µg (2.47%), Vitamin K: 2.27µg (2.16%)