



Energy Bars

 Vegetarian

READY IN



95 min.

SERVINGS



9

CALORIES



302 kcal

SIDE DISH

Ingredients

- 1 large banana ripe mashed
- 0.5 cup dates pitted chopped
- 0.5 cup apricot dried chopped
- 2 eggs
- 0.5 teaspoon ground cinnamon
- 0.3 cup maple syrup pure
- 0.5 cup skim milk powder dry
- 1 cup oats

- 0.5 cup raisins
- 0.5 cup sunflower seeds raw unsalted
- 0.5 cup walnut pieces chopped
- 0.5 cup wheat germ toasted
- 0.3 cup pastry flour whole-wheat

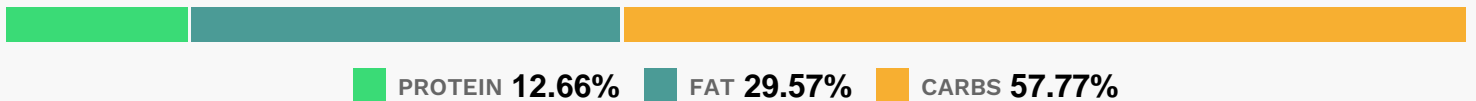
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Lightly oil a 9x13-inch baking dish.
- Mix the eggs, banana, oats, sunflower seeds, cinnamon, milk powder, dates, raisins, walnuts, apricots, wheat germ, maple syrup, and whole-wheat pastry flour together in a large bowl until thoroughly combined; spread the mixture evenly into the prepared baking dish.
- Bake in the preheated oven for 20 minutes; set aside to cool.
- Cut into 9 bars and wrap with plastic to store.

Nutrition Facts



Properties

Glycemic Index:38.39, Glycemic Load:15.88, Inflammation Score:-7, Nutrition Score:18.762173766675%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 302.06kcal (15.1%), Fat: 10.54g (16.21%), Saturated Fat: 1.33g (8.29%), Carbohydrates: 46.31g (15.44%), Net Carbohydrates: 41g (14.91%), Sugar: 22.04g (24.48%), Cholesterol: 37.71mg (12.57%), Sodium: 55.83mg (2.43%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 10.15g (20.3%), Manganese: 2.14mg (106.91%), Selenium: 19.88µg (28.39%), Phosphorus: 282.1mg (28.21%), Magnesium: 102.02mg (25.51%), Vitamin B1: 0.38mg (25.1%), Vitamin B2: 0.42mg (24.72%), Vitamin E: 3.19mg (21.25%), Fiber: 5.3g (21.21%), Copper: 0.42mg (21.15%), Vitamin B6: 0.38mg (18.8%), Potassium: 596.07mg (17.03%), Zinc: 2.31mg (15.37%), Folate: 59.04µg (14.76%), Calcium: 133.79mg (13.38%), Iron: 2.26mg (12.53%), Vitamin B3: 1.93mg (9.65%), Vitamin A: 474.49IU (9.49%), Vitamin B5: 0.88mg (8.77%), Vitamin D: 0.93µg (6.19%), Vitamin B12: 0.36µg (5.93%), Vitamin C: 2.5mg (3.03%), Vitamin K: 1.12µg (1.06%)