



Fresh Ginger Cereal Squares



Gluten Free

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READY IN

ready

45 min.

SERVINGS

servings

16

CALORIES

calories

308 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup almonds toasted sliced
- ☐ 2 tablespoons butter
- ☐ 0.3 cup apricots dried chopped
- ☐ 4 cups flax gluten-free such as Nature's Path
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 4 cups marshmallows miniature
- ☐ 0.3 cup cranberries dried sweetened

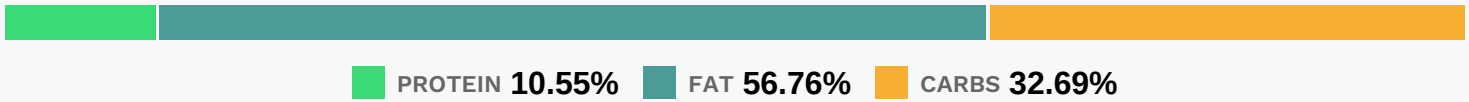
Equipment

- ☐ frying pan
- ☐ baking pan
- ☐ wax paper
- ☐ dutch oven

Directions

- ☐ Coat a 9-inch square metal baking pan with cooking spray.
- ☐ Melt butter in a 4-quart Dutch oven over medium heat.
- ☐ Add marshmallows. Cook 4 minutes or until marshmallows melt, stirring frequently; stir in ginger. Stir in cereal, nuts, and dried fruit. Gently press mixture into prepared pan using wax paper to prevent mixture from sticking to hands. Cool completely; cut into 16 squares.

Nutrition Facts



Properties

Glycemic Index:12.56, Glycemic Load:6.89, Inflammation Score:-7, Nutrition Score:16.028695652828%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 307.73kcal (15.39%), Fat: 20.65g (31.76%), Saturated Fat: 2.56g (15.98%), Carbohydrates: 26.75g (8.92%), Net Carbohydrates: 14.58g (5.3%), Sugar: 11.26g (12.51%), Cholesterol: 3.76mg (1.25%), Sodium: 34.31mg (1.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.64g (17.27%), Manganese: 1.12mg (56.14%), Fiber: 12.17g (48.7%), Vitamin B1: 0.7mg (46.38%), Magnesium: 173.76mg (43.44%), Phosphorus: 287.1mg (28.71%), Copper: 0.57mg (28.28%), Selenium: 11.09µg (15.85%), Iron: 2.63mg (14.59%), Zinc: 1.93mg (12.89%), Calcium: 117.39mg (11.74%), Potassium: 397.27mg (11.35%), Vitamin B6: 0.21mg (10.41%), Folate: 38.28µg (9.57%), Vitamin B3: 1.49mg (7.47%), Vitamin E: 1.08mg (7.19%), Vitamin B2: 0.1mg (6.11%), Vitamin B5: 0.45mg (4.5%), Vitamin A: 141.37IU

(2.83%), Vitamin K: 2.2µg (2.1%)