



Fruit and Nut Cereal Bars



Vegetarian



Vegan



Dairy Free

READY IN



50 min.

SERVINGS



24

CALORIES



334 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 cups captain crunch peanut butter cereal total®
- ☐ 1 cup raisins mixed dried diced (from 7-)
- ☐ 0.5 cup roasted sunflower seeds unsalted
- ☐ 0.5 cup roasted peanuts
- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 cup plus
- ☐ 0.3 cup creamy peanut butter
- ☐ 1 teaspoon vanilla

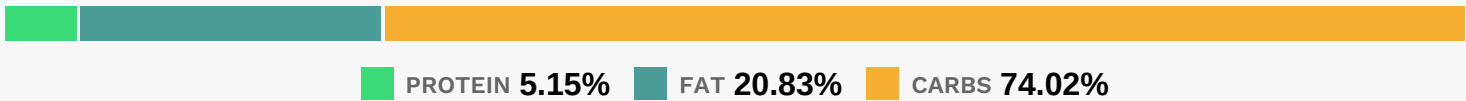
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Spray 9-inch square pan with cooking spray. In large bowl, mix cereal, dried fruit, sunflower nuts and peanuts.
- ☐ In 2-quart saucepan, heat brown sugar, corn syrup and peanut butter to boiling over medium-high heat, stirring constantly. Boil and stir 1 minute.
- ☐ Remove from heat; stir in vanilla.
- ☐ Pour syrup over snack mix; toss to coat. Press firmly in pan. Cool completely, about 30 minutes. For bars, cut into 6 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:3.83, Glycemic Load:3.65, Inflammation Score:-7, Nutrition Score:16.10695654583%

Nutrients (% of daily need)

Calories: 333.96kcal (16.7%), Fat: 6.54g (10.07%), Saturated Fat: 2.17g (13.56%), Carbohydrates: 52.32g (17.44%), Net Carbohydrates: 49.76g (18.09%), Sugar: 30.04g (33.38%), Cholesterol: 0mg (0%), Sodium: 345.44mg (15.02%), Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Protein: 3.64g (7.28%), Folate: 597.14µg (149.29%), Vitamin B1: 0.69mg (46.03%), Zinc: 6.89mg (45.95%), Vitamin B3: 8.31mg (41.53%), Vitamin B6: 0.79mg (39.32%), Vitamin B2: 0.65mg (38.08%), Fiber: 2.57g (10.27%), Manganese: 0.19mg (9.52%), Vitamin E: 1.27mg (8.44%), Phosphorus: 57.73mg (5.77%), Potassium: 184.67mg (5.28%), Copper: 0.1mg (5.19%), Magnesium: 15.75mg (3.94%), Selenium: 2.71µg (3.87%), Vitamin B5: 0.28mg (2.78%), Iron: 0.44mg (2.45%), Calcium: 15.15mg (1.51%)