



Fruit and Nut Chewy Bars

 Vegetarian  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



50

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup almonds chopped
- 1 teaspoon cinnamon
- 0.5 cup apples dried chopped
- 0.5 cup cranberries dried
- 0.5 cup honey
- 0.8 cup medjool dates pitted
- 0.3 cup pecans chopped
- 2.5 cups regular rolled oats

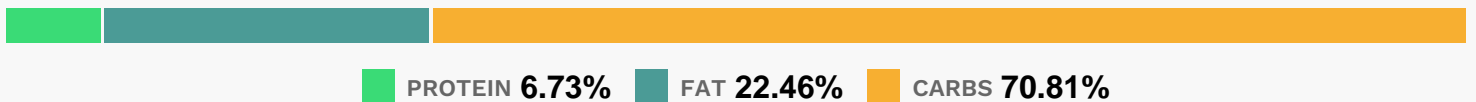
Equipment

- food processor
- bowl
- baking sheet
- oven
- aluminum foil
- microwave

Directions

- Preheat oven to 32
- Spread nuts on a rimmed baking sheet and bake until light golden, 10 to 12 minutes.
- Warm honey in a microwave until the consistency of thin syrup. In a food processor, pulse honey, dates, cinnamon, and oats until oats are coarsely chopped.
- Scrape oat mixture into a medium bowl. Break up any clumps of dates and, if needed, chop any large date chunks. Stir in nuts, cranberries, and apples. Squeeze mixture into a ball. Line baking sheet with foil and oil foil. Using damp hands, firmly pat mixture onto foil into a compact 6- by 12-in. rectangle.
- Freeze until rectangle is firm enough to cut, about 20 minutes. Lift rectangle from foil to a work surface and cut into 16 bars. Wrap bars individually. They get moister and chewier after standing at least a day.
- Make ahead: Up to 1 week, chilled, or 1 month, frozen; for transport, pack in containers to protect them.

Nutrition Facts



Properties

Glycemic Index:2.93, Glycemic Load:2.55, Inflammation Score:-1, Nutrition Score:1.6347826226898%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 48.24kcal (2.41%), Fat: 1.28g (1.97%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 9.1g (3.03%), Net Carbohydrates: 8.19g (2.98%), Sugar: 5.73g (6.37%), Cholesterol: 0mg (0%), Sodium: 1.22mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.73%), Manganese: 0.22mg (11.09%), Fiber: 0.91g (3.65%), Magnesium: 10.52mg (2.63%), Phosphorus: 25.17mg (2.52%), Copper: 0.05mg (2.31%), Vitamin E: 0.3mg (2.01%), Selenium: 1.29µg (1.84%), Vitamin B1: 0.03mg (1.78%), Iron: 0.28mg (1.56%), Zinc: 0.23mg (1.54%), Potassium: 46.39mg (1.33%), Vitamin B2: 0.02mg (1.32%)