



Fruit and Nut Snack Bars

 Vegetarian  Vegan  Dairy Free

READY IN



50 min.

SERVINGS



36

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cups corn flakes/bran flakes
- 0.5 cup apricot dried chopped
- 0.5 cup raisins
- 0.5 cup sunflower seeds shelled
- 0.5 cup roasted peanuts salted
- 0.5 cup coconut flakes flaked
- 0.8 cup brown sugar packed
- 0.5 cup plus

- 0.3 cup peanut butter
- 1 teaspoon vanilla

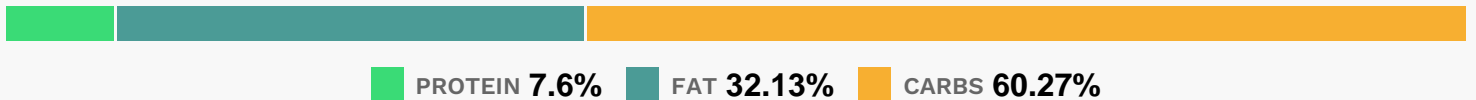
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Grease 13x9-inch pan. In large bowl, combine all snack mix ingredients; mix well. Set aside.
- In medium saucepan, combine all syrup ingredients except vanilla. Cook over medium-high heat until mixture comes to a boil, stirring constantly. Boil 1 minute.
- Remove from heat. Stir in vanilla.
- Pour syrup over snack mix; toss to coat. Press mixture firmly in greased pan. Cool 30 minutes or until completely cooled.
- Cut into bars. Store in tightly covered container.

Nutrition Facts



Properties

Glycemic Index:6.04, Glycemic Load:3.96, Inflammation Score:-3, Nutrition Score:4.8673913145195%

Nutrients (% of daily need)

Calories: 97.13kcal (4.86%), Fat: 3.75g (5.77%), Saturated Fat: 1.1g (6.96%), Carbohydrates: 15.84g (5.28%), Net Carbohydrates: 14.14g (5.14%), Sugar: 10.21g (11.35%), Cholesterol: 0mg (0%), Sodium: 46.04mg (2%), Alcohol: 0.04g (100%), Alcohol %: 0.2% (100%), Protein: 2g (3.99%), Manganese: 0.31mg (15.71%), Folate: 38.36µg (9.59%), Iron: 1.59mg (8.84%), Vitamin B3: 1.52mg (7.6%), Fiber: 1.7g (6.8%), Vitamin B1: 0.1mg (6.68%), Magnesium: 25.38mg (6.34%), Vitamin B6: 0.13mg (6.28%), Vitamin E: 0.94mg (6.24%), Selenium: 3.9µg (5.58%), Phosphorus: 51.57mg (5.16%), Copper: 0.1mg (5.03%), Vitamin B2: 0.08mg (4.72%), Vitamin B12: 0.22µg (3.7%), Vitamin A: 177.11IU (3.54%), Potassium: 111.81mg (3.19%), Zinc: 0.46mg (3.05%), Vitamin B5: 0.13mg (1.33%), Calcium: 12.61mg (1.26%)