



Gluten-Free Chex® No-Bake Apple Bars

 Dairy Free

READY IN



75 min.

SERVINGS



16

CALORIES



112 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 cups rice chex
- 0.7 cup apples dried chopped
- 0.5 cup almonds sliced
- 0.5 cup cranberries dried sweetened
- 1 tablespoon butter
- 0.5 cup plus light
- 0.3 cup brown sugar packed

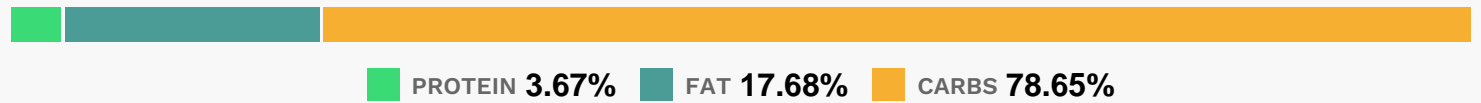
Equipment

- bowl
- frying pan
- aluminum foil
- microwave

Directions

- Line bottom and sides of 8-inch square pan with foil. Spray foil with cooking spray. In large bowl, mix cereal, apples, almonds and cranberries; set aside.
- In large microwavable bowl, microwave butter, corn syrup and brown sugar uncovered on High 2 to 3 minutes stirring every 30 seconds or until mixture is boiling and slightly thickened.
- Pour over cereal mixture in bowl; stir until evenly coated. Using buttered back of spoon, press mixture firmly in pan. Refrigerate 1 hour or until firm enough to cut.
- For bars, cut into 4 rows by 4 rows. Store covered at room temperature up to 1 week.

Nutrition Facts



Properties

Glycemic Index:3.63, Glycemic Load:2.18, Inflammation Score:-3, Nutrition Score:5.2286956439848%

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: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 111.84kcal (5.59%), Fat: 2.34g (3.6%), Saturated Fat: 0.29g (1.84%), Carbohydrates: 23.43g (7.81%), Net Carbohydrates: 22.42g (8.15%), Sugar: 16.98g (18.87%), Cholesterol: 0mg (0%), Sodium: 73.76mg (3.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.19%), Manganese: 0.32mg (16.14%), Iron: 2.44mg (13.58%), Folate: 51.33µg (12.83%), Vitamin B2: 0.15mg (8.7%), Zinc: 1.09mg (7.25%), Vitamin B1: 0.11mg (7.11%), Vitamin B3:

1.41mg (7.05%), Vitamin B6: 0.14mg (6.81%), Vitamin B12: 0.38µg (6.3%), Vitamin E: 0.89mg (5.9%), Fiber: 1.01g (4.03%), Calcium: 38.05mg (3.81%), Vitamin A: 156.34IU (3.13%), Copper: 0.06mg (2.9%), Magnesium: 10.95mg (2.74%), Phosphorus: 25.82mg (2.58%), Selenium: 1.63µg (2.32%), Vitamin C: 1.65mg (2%), Vitamin D: 0.25µg (1.67%), Potassium: 56.79mg (1.62%), Vitamin B5: 0.13mg (1.35%)