



Gluten-Free Tuesday: Apple Cherry Cereal Bars

 Dairy Free

READY IN



140 min.

SERVINGS



14

CALORIES



160 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup apples finely chopped
- ☐ 3 cups apples gluten-free
- ☐ 2 ounces shortening
- ☐ 3 cups rice cereal gluten-free crisp
- ☐ 0.8 cup cherries dried finely chopped
- ☐ 2 tablespoons ground flaxseed
- ☐ 10 ounce marshmallows

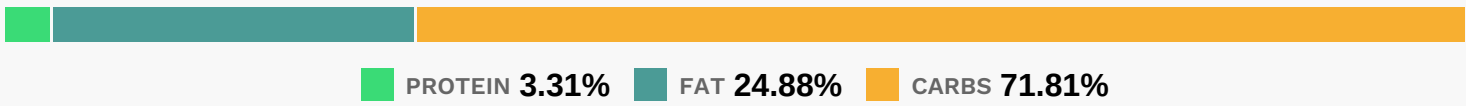
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ pot
- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ Lightly grease 9x13-inch baking pan with non-stick cooking spray and set aside.
- ☐ In large bowl, toss together cereals, dried cherries, apple chips, and ground flaxseed meal.
- ☐ In large pot, melt butter over medium-low heat.
- ☐ Add marshmallows. Stir constantly with wooden spoon until marshmallows are melted and smooth.
- ☐ Add cereal mixture. Stir quickly to coat cereal with melted marshmallows.
- ☐ Transfer mixture to prepared pan. Using your hands or a piece of parchment paper, pat mixture down evenly into pan. Chill two hours or overnight.
- ☐ Cut into 14 bars.

Nutrition Facts



Properties

Glycemic Index:11.18, Glycemic Load:11.26, Inflammation Score:-2, Nutrition Score:1.8660869546559%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.69mg, Epicatechin: 2.69mg, Epicatechin: 2.69mg, Epicatechin: 2.69mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate:

0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 160.08kcal (8%), Fat: 4.61g (7.09%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 29.93g (9.98%), Net Carbohydrates: 28.11g (10.22%), Sugar: 18.76g (20.84%), Cholesterol: 0mg (0%), Sodium: 18.26mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Fiber: 1.82g (7.27%), Vitamin A: 249.81IU (5%), Vitamin K: 2.99µg (2.85%), Vitamin B1: 0.04mg (2.74%), Copper: 0.05mg (2.55%), Vitamin E: 0.32mg (2.13%), Folate: 8.3µg (2.08%), Iron: 0.37mg (2.05%), Vitamin C: 1.65mg (2%), Manganese: 0.04mg (1.95%), Magnesium: 7.31mg (1.83%), Phosphorus: 16.69mg (1.67%), Potassium: 52mg (1.49%), Selenium: 1.02µg (1.45%), Vitamin B2: 0.02mg (1.28%), Calcium: 11.55mg (1.15%), Vitamin B3: 0.22mg (1.1%)