

Granola Bars

READY IN



45 min.

SERVINGS



8

CALORIES



519 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup almonds sliced
- 2 tablespoons butter
- 0.5 cup butter flavor shortening flavored
- 0.3 cup coconut or shredded
- 1.3 cups flour all-purpose
- 0.3 cup honey
- 0.5 cup milk chocolate chips
- 0.8 cup oats quick
- 0.5 cup raisins

- 0.8 cup raspberry jam
- 2 tablespoons sesame seed
- 0.3 cup granulated sugar white

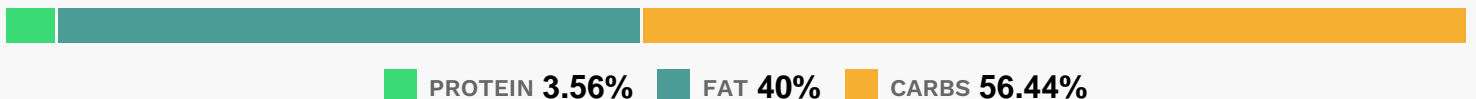
Equipment

- bowl
- frying pan
- sauce pan
- oven
- blender

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease one 9x9 inch square pan.
- In a mixer bowl combine the flour, 1/2 cup shortening and the sugar. Beat at low speed until crumbly. Press mixture into the bottom of the prepared pan.
- Bake at 350 degrees F (175 degrees C) for 15 to 20 minutes.
- Combine preserves , raisins and chocolate pieces, stirring until blended. Set aside.
- In a saucepan combine the honey and the butter or margarine. Cook and stir until melted. Stir in the oats, coconuts, almonds and sesame seeds until blended.
- Spread the raspberry preserve mixture over the hot crust, spoon oat mixture on top, spreading evenly to edges of pan.
- Bake for an additional 15 to 20 minutes or until lightly browned.
- Cut into bars to serve.

Nutrition Facts



Properties

Glycemic Index:60.15, Glycemic Load:39.9, Inflammation Score:-3, Nutrition Score:9.0469565122672%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg 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: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 519.08kcal (25.95%), Fat: 23.7g (36.46%), Saturated Fat: 8.42g (52.63%), Carbohydrates: 75.23g (25.08%), Net Carbohydrates: 71.98g (26.18%), Sugar: 39.44g (43.83%), Cholesterol: 7.53mg (2.51%), Sodium: 37.81mg (1.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.49%), Manganese: 0.69mg (34.63%), Selenium: 11.25µg (16.07%), Vitamin B1: 0.24mg (15.88%), Vitamin E: 1.96mg (13.09%), Fiber: 3.25g (12.98%), Copper: 0.26mg (12.78%), Iron: 2.22mg (12.35%), Vitamin B2: 0.2mg (11.91%), Magnesium: 47.53mg (11.88%), Folate: 46.76µg (11.69%), Phosphorus: 104.81mg (10.48%), Vitamin B3: 1.59mg (7.95%), Vitamin K: 7.37µg (7.02%), Potassium: 235.4mg (6.73%), Calcium: 55.42mg (5.54%), Zinc: 0.75mg (5.03%), Vitamin C: 3.46mg (4.19%), Vitamin B6: 0.07mg (3.26%), Vitamin B5: 0.28mg (2.77%), Vitamin A: 87.68IU (1.75%)