

Granola Bars II

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



263 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 1.5 cups brown sugar packed
- 1 cup butter
- 1.5 teaspoons ground cinnamon
- 3 cups rolled oats
- 1 teaspoon vanilla extract
- 1 cup wheat bran

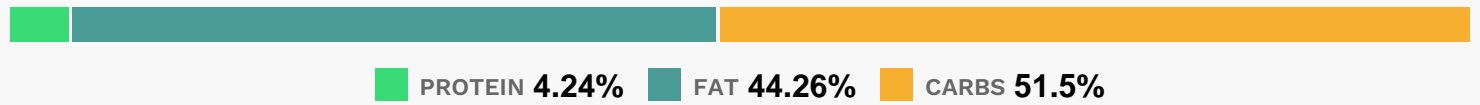
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13 inch baking pan.
- In a medium bowl, cream together the butter, sugar, vanilla and cinnamon until light.
- Combine the oats, bran and baking powder, stir into the butter mixture. Press evenly into the prepared baking pan.
- Bake for 10 minutes in the preheated oven. Cool, and cut into bars.

Nutrition Facts



Properties

Glycemic Index:15.27, Glycemic Load:4.16, Inflammation Score:-4, Nutrition Score:7.2186957316716%

Nutrients (% of daily need)

Calories: 263.32kcal (13.17%), Fat: 13.5g (20.77%), Saturated Fat: 7.98g (49.9%), Carbohydrates: 35.33g (11.78%), Net Carbohydrates: 31.93g (11.61%), Sugar: 21.56g (23.96%), Cholesterol: 32.54mg (10.85%), Sodium: 132.83mg (5.78%), Alcohol: 0.09g (100%), Alcohol %: 0.2% (100%), Protein: 2.91g (5.81%), Manganese: 1.08mg (54.15%), Fiber: 3.4g (13.6%), Magnesium: 48.51mg (12.13%), Phosphorus: 116.04mg (11.6%), Selenium: 8.11µg (11.58%), Vitamin A: 379.12IU (7.58%), Iron: 1.3mg (7.25%), Vitamin B1: 0.1mg (6.38%), Zinc: 0.9mg (5.97%), Copper: 0.11mg (5.66%), Calcium: 50.85mg (5.08%), Potassium: 138.53mg (3.96%), Vitamin B6: 0.08mg (3.82%), Vitamin B3: 0.74mg (3.71%), Vitamin E: 0.48mg (3.21%), Vitamin B5: 0.31mg (3.12%), Vitamin B2: 0.05mg (3.11%), Folate: 8.93µg (2.23%), Vitamin K: 1.52µg (1.45%)