



Green Pumpkinseed and Cranberry Crispy Bars

READY IN



45 min.

SERVINGS



16

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter
- 5 cups oven-toasted rice cereal (such as Rice Krispies)
- 1 cup cranberries dried
- 8 ounce marshmallows miniature (5 cups)
- 0.1 teaspoon salt
- 1 teaspoon vanilla extract
- 0.5 cup pumpkinseeds raw green
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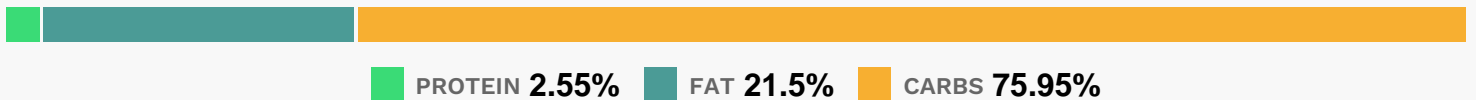
Equipment

- frying pan
- sauce pan
- baking pan
- spatula

Directions

- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add pumpkinseeds; cook 4 minutes or until seeds begin to pop and lightly brown, stirring frequently.
- Remove from heat; cool.
- Lightly coat a 13 x 9-inch baking dish with cooking spray; set aside. Melt butter in a large saucepan over medium heat. Stir in marshmallows; cook 2 minutes or until smooth, stirring constantly.
- Remove from heat; stir in vanilla and salt. Stir in reserved seeds, cereal, and cranberries. Scrape mixture into prepared dish using a rubber spatula.
- Lightly coat hands with cooking spray; press cereal mixture evenly into prepared dish. Cool completely.
- Cut into 16 bars.

Nutrition Facts



Properties

Glycemic Index:6.91, Glycemic Load:6.96, Inflammation Score:-4, Nutrition Score:5.3343478000682%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 126.2kcal (6.31%), Fat: 3.15g (4.84%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 25.01g (8.34%), Net Carbohydrates: 24.43g (8.88%), Sugar: 14.37g (15.97%), Cholesterol: 7.63mg (2.54%), Sodium: 120.97mg (5.26%), Alcohol: 0.09g (100%), Alcohol %: 0.32% (100%), Protein: 0.84g (1.68%), Manganese: 0.32mg (16.19%), Iron: 2.87mg (15.96%), Folate: 62.77µg (15.69%), Vitamin B2: 0.14mg (8.16%), Vitamin B3: 1.62mg (8.08%), Vitamin B6: 0.16mg (7.98%), Vitamin B12: 0.48µg (7.96%), Zinc: 1.19mg (7.93%), Vitamin B1: 0.12mg (7.91%), Vitamin A: 244.9IU (4.9%), Calcium: 33.22mg (3.32%), Selenium: 1.98µg (2.82%), Fiber: 0.58g (2.34%), Vitamin C: 1.89mg (2.29%), Vitamin D: 0.31µg (2.08%), Copper: 0.04mg (2.03%), Vitamin E: 0.27mg (1.81%), Phosphorus: 15.09mg (1.51%), Vitamin B5: 0.15mg (1.45%)