



## Green Pumpkinseed and Cranberry Crispy Bars

READY IN



45 min.

SERVINGS



16

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.3 cup butter
- ☐ 5 cups 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 frangelico raw green

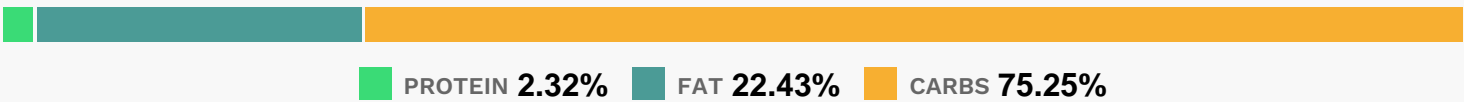
## Equipment

- ☐ 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:0, Nutrition Score:0.92478260381714%

## 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: 116.9kcal (5.85%), Fat: 3.04g (4.68%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 22.95g (7.65%), Net Carbohydrates: 22.45g (8.17%), Sugar: 13.7g (15.22%), Cholesterol: 7.63mg (2.54%), Sodium: 53.01mg (2.3%), Alcohol: 0.09g (100%), Alcohol %: 0.35% (100%), Protein: 0.71g (1.41%), Folate: 9.23µg (2.31%), Fiber: 0.5g (1.99%), Vitamin B1: 0.03mg (1.8%), Vitamin A: 88.64IU (1.77%), Vitamin E: 0.25mg (1.65%), Copper: 0.03mg (1.63%), Selenium: 0.93µg (1.33%), Vitamin B3: 0.26mg (1.3%), Iron: 0.23mg (1.28%), Vitamin B2: 0.02mg (1.13%), Manganese: 0.02mg (1.09%)