

Honey Bunches

 Vegetarian

READY IN



90 min.

SERVINGS



24

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 tablespoons butter 1 stick
- ☐ 0.3 cup chocolate chips
- ☐ 0.3 cup flour all-purpose
- ☐ 0.7 cup honey
- ☐ 1.5 cups cooking rolled oats quick
- ☐ 0.5 cup coconut or sweetened flaked
- ☐ 24 walnut halves
- ☐ 0.3 cup walnuts coarsely chopped

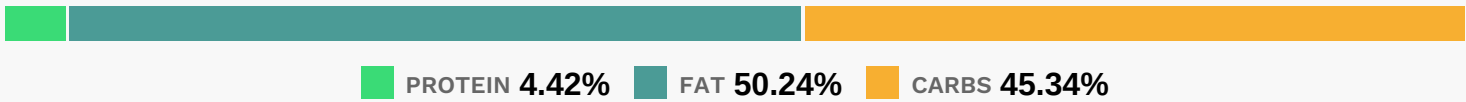
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ mini muffin tray

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Butter 2 mini muffin tins, or use 1 tin and bake in 2 batches. In a small saucepan, melt the butter over low heat. Meanwhile, in a large bowl, combine the oats, coconut, walnuts, and flour and mix. Stir the honey into the melted butter and bring to a boil, stirring often.
- ☐ Add chocolate chips and pour the butter mixture over the dry ingredients and mix well. Press 1 heaping tablespoon of the mixture into each mini muffin cup.
- ☐ Bake until just beginning to brown, 15 to 20 minutes.
- ☐ Remove from the oven and immediately press a walnut half on top of each honey bunch.
- ☐ Let cool 10 minutes in the pan, then transfer to a wire rack and cool completely. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:11.76, Glycemic Load:6.75, Inflammation Score:-2, Nutrition Score:2.5769564969384%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

Nutrients (% of daily need)

Calories: 124.13kcal (6.21%), Fat: 7.28g (11.19%), Saturated Fat: 3.46g (21.6%), Carbohydrates: 14.77g (4.92%), Net Carbohydrates: 13.85g (5.04%), Sugar: 9.62g (10.68%), Cholesterol: 10.03mg (3.34%), Sodium: 35.67mg (1.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Manganese: 0.36mg (18.06%), Magnesium: 20.24mg (5.06%), Copper: 0.08mg (4.02%), Phosphorus: 39.02mg (3.9%), Selenium: 2.73µg (3.9%), Fiber: 0.92g (3.69%), Vitamin B1: 0.05mg (3.27%), Iron: 0.46mg (2.54%), Vitamin A: 117.26IU (2.35%), Zinc: 0.31mg (2.05%), Folate: 7.54µg (1.89%), Potassium: 51.5mg (1.47%), Vitamin B2: 0.02mg (1.34%), Vitamin B6: 0.03mg (1.29%), Vitamin E: 0.17mg (1.11%)