



Honey Nut Stacks of Snacks



Gluten Free



Dairy Free



Low Fod Map

READY IN



75 min.

SERVINGS



36

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups brown sugar light packed
- ☐ 1 cup butter
- ☐ 2 cups pinenuts
- ☐ 2 cups rolled oats
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon salt

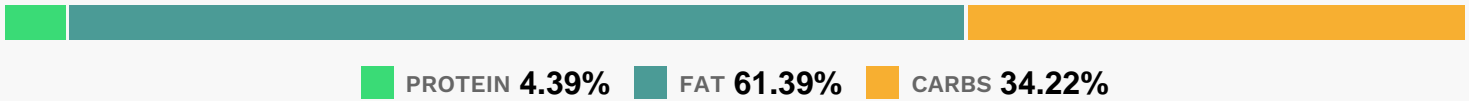
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ spatula

Directions

- ☐ Heat oven to 350°F. In 2-quart saucepan, heat brown sugar and butter over medium heat, stirring constantly, until smooth.
- ☐ Remove from heat.
- ☐ Stir in remaining ingredients.
- ☐ Pour mixture into ungreased 13x9-inch pan. With rubber spatula, spread mixture in pan until even.
- ☐ Bake 16 to 18 minutes or until edges are golden brown and firm.
- ☐ Remove from oven to cooling rack. Cool completely, about 45 minutes.
- ☐ With table knife, cut baked mixture into 6 rows by 6 rows to make 36 bars. Store in loosely covered container.

Nutrition Facts



Properties

Glycemic Index:3.81, Glycemic Load:1.09, Inflammation Score:-3, Nutrition Score:4.5017392097608%

Nutrients (% of daily need)

Calories: 147.9kcal (7.4%), Fat: 10.5g (16.15%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 13.17g (4.39%), Net Carbohydrates: 12.42g (4.52%), Sugar: 9.21g (10.23%), Cholesterol: 0mg (0%), Sodium: 102.16mg (4.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Manganese: 0.83mg (41.72%), Phosphorus: 68.3mg (6.83%), Magnesium: 26.13mg (6.53%), Vitamin E: 0.91mg (6.1%), Copper: 0.12mg (6.05%), Vitamin A: 227.81IU (4.56%), Zinc: 0.65mg (4.34%), Vitamin K: 4.14µg (3.94%), Iron: 0.7mg (3.88%), Vitamin B1: 0.05mg (3.24%), Fiber: 0.75g (2.99%), Calcium: 26.39mg (2.64%), Potassium: 76.09mg (2.17%), Selenium: 1.47µg (2.09%), Vitamin B3:

0.39mg (1.96%), Vitamin B2: 0.03mg (1.55%), Folate: 4.15µg (1.04%)