



Honey Nut Stacks of Snacks

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



36

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

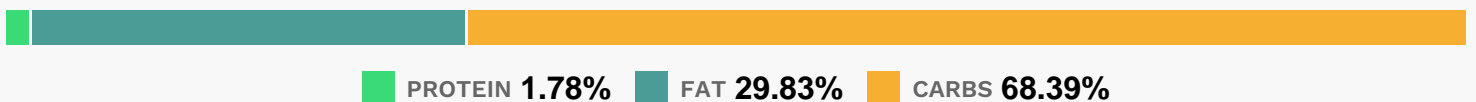
Equipment

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

Directions

- Heat oven to 350F. 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:5.26, Glycemic Load:9.19, Inflammation Score:-2, Nutrition Score:1.6495652360761%

Nutrients (% of daily need)

Calories: 154.68kcal (7.73%), Fat: 5.37g (8.26%), Saturated Fat: 1.1g (6.89%), Carbohydrates: 27.7g (9.23%), Net Carbohydrates: 27.19g (9.89%), Sugar: 24.4g (27.11%), Cholesterol: 0mg (0%), Sodium: 102.76mg (4.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Manganese: 0.19mg (9.47%), Vitamin A: 225.63IU (4.51%), Calcium: 26.32mg (2.63%), Phosphorus: 25.93mg (2.59%), Selenium: 1.56µg (2.23%), Fiber: 0.51g (2.03%), Iron: 0.36mg (2.01%), Magnesium: 7.68mg (1.92%), Copper: 0.03mg (1.44%), Vitamin E: 0.22mg (1.43%), Vitamin B1: 0.02mg (1.42%), Zinc: 0.21mg (1.39%), Potassium: 41.11mg (1.17%)