



Jo-Ann's Power Bars

 Vegetarian  Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



210 kcal

SIDE DISH

Ingredients

- 0.3 cup apple sauce
- 3 tablespoons brown sugar
- 7 ounce fruit mixed dried chopped
- 1 eggs beaten
- 0.5 teaspoon ground cinnamon
- 0.3 cup honey
- 1 cup oats
- 0.3 cup sunflower seeds unsalted

- 2 tablespoons vegetable oil
- 0.3 cup walnut pieces chopped
- 0.5 cup wheat chex
- 0.5 cup flour whole wheat

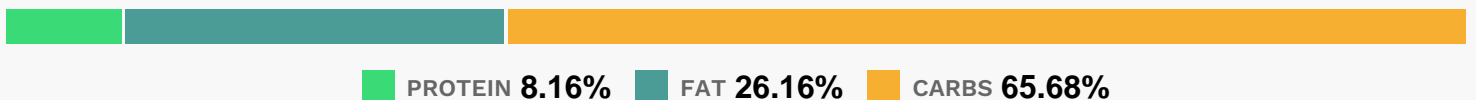
Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 325 degrees F (165 degrees C). Line a 9 inch square baking pan with aluminum foil. Spray the foil with cooking spray.
- In a large bowl, stir together the oats, flour, cereal, and cinnamon.
- Add the egg, applesauce, honey, brown sugar, and oil.
- Mix well. Stir in the sunflower seeds, walnuts, and dried fruit.
- Spread mixture evenly in the prepared pan.
- Bake 30 minutes, or until firm and lightly browned around the edges.
- Let cool. Use the foil to lift from the pan.
- Cut into bars or squares, and store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:16.11, Glycemic Load:8.49, Inflammation Score:-5, Nutrition Score:13.270000094953%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 209.54kcal (10.48%), Fat: 6.6g (10.15%), Saturated Fat: 0.86g (5.35%), Carbohydrates: 37.27g (12.42%), Net Carbohydrates: 32.71g (11.89%), Sugar: 18.42g (20.47%), Cholesterol: 13.64mg (4.55%), Sodium: 65.32mg (2.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.26%), Vitamin D: 8.46µg (56.4%), Manganese: 0.74mg (37.02%), Folate: 100.52µg (25.13%), Iron: 4.2mg (23.34%), Fiber: 4.57g (18.27%), Magnesium: 58.7mg (14.68%), Vitamin B1: 0.21mg (13.78%), Phosphorus: 126.16mg (12.62%), Zinc: 1.84mg (12.25%), Selenium: 8.32µg (11.89%), Vitamin B6: 0.21mg (10.54%), Copper: 0.19mg (9.51%), Vitamin E: 1.38mg (9.17%), Vitamin B2: 0.15mg (9.04%), Vitamin B3: 1.73mg (8.67%), Vitamin K: 7.19µg (6.85%), Potassium: 236.05mg (6.74%), Calcium: 63.21mg (6.32%), Vitamin B12: 0.35µg (5.79%), Vitamin B5: 0.26mg (2.63%), Vitamin A: 130.35IU (2.61%), Vitamin C: 1.62mg (1.96%)