

Muesli Bars I

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



111 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup brown sugar packed
- 0.3 cup coconut or shredded
- 0.3 cup hazelnuts chopped
- 3 tablespoons honey
- 1 cup oats quick
- 0.3 cup sesame seed
- 0.5 cup butter unsalted

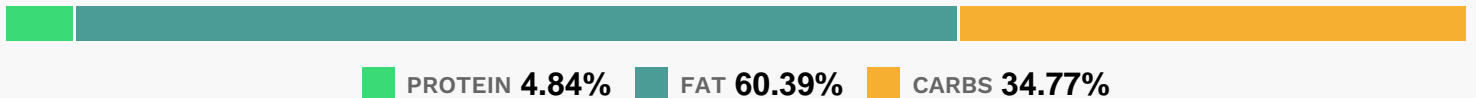
Equipment

- frying pan
- sauce pan
- oven
- baking pan
- wooden spoon

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease an 11x7 inch baking pan.
- In medium sauce pan, over low heat, combine butter or margarine, brown sugar and honey. Cook, stirring, until butter or margarine is melted and sugar is dissolved.
- Remove from heat.
- Add oats, nuts, coconut and sesame seeds.
- Mix with a wooden spoon until well combined. Press mixture evenly into the prepared baking pan.
- Bake for 15 to 18 minutes in the preheated oven, until the top is golden brown.
- Let cool in the pan and cut into bars.

Nutrition Facts



Properties

Glycemic Index:8.86, Glycemic Load:3.03, Inflammation Score:-2, Nutrition Score:3.2308695581944%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 110.84kcal (5.54%), Fat: 7.79g (11.98%), Saturated Fat: 3.62g (22.62%), Carbohydrates: 10.08g (3.36%), Net Carbohydrates: 9.09g (3.3%), Sugar: 6.38g (7.09%), Cholesterol: 12.2mg (4.07%), Sodium: 2.44mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.81%), Manganese: 0.38mg (19.22%), Copper: 0.16mg (8.05%),

Magnesium: 23.91mg (5.98%), Phosphorus: 43.23mg (4.32%), Fiber: 1g (3.99%), Iron: 0.72mg (3.99%), Vitamin B1: 0.06mg (3.71%), Selenium: 2.55µg (3.64%), Calcium: 33.34mg (3.33%), Vitamin E: 0.47mg (3.13%), Vitamin A: 142.44IU (2.85%), Zinc: 0.4mg (2.67%), Vitamin B6: 0.04mg (1.91%), Folate: 6.6µg (1.65%), Potassium: 52.44mg (1.5%)