



## No-Bake Apple Bars

 Vegetarian  Dairy Free

READY IN



150 min.

SERVINGS



12

CALORIES



214 kcal

SIDE DISH

### Ingredients

- 1.5 cups apples dried finely chopped
- 0.5 cup pecans chopped
- 3 cups corn flakes/bran flakes whole grain total®
- 0.3 cup honey
- 0.3 cup golden raisins
- 1 tablespoon brown sugar packed
- 0.3 cup peanut butter
- 0.3 cup spiced apple butter

- 0.5 teaspoon ground cinnamon
- 0.5 cup oats
- 0.3 cup sunflower seeds

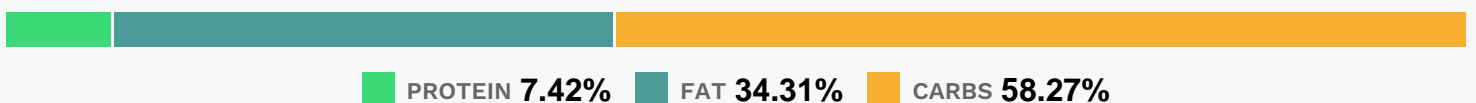
## Equipment

- frying pan
- aluminum foil
- ziploc bags
- rolling pin
- dutch oven
- meat tenderizer

## Directions

- Line bottom and sides of 8-inch square pan with foil; spray foil with cooking spray.
- Sprinkle 1/2 cup of the apples and 1/4 cup of the pecans over bottom of pan.
- Place cereal in resealable food-storage plastic bag; seal bag and coarsely crush with rolling pin or meat mallet. Set aside.
- In 4-quart Dutch oven, heat 1/2 cup of the apples, the honey, raisins and brown sugar to boiling over medium-high heat, stirring occasionally. Reduce heat to medium. Cook uncovered about 1 minute, stirring constantly, until hot and bubbly; remove from heat.
- Stir peanut butter into cooked mixture until melted. Stir in apple butter and cinnamon. Stir in oats and sunflower nuts until well mixed. Stir in crushed cereal.
- Press mixture very firmly (or bars will crumble) and evenly onto apples and pecans in pan.
- Sprinkle with remaining 1/2 cup apples and 1/4 cup pecans; press lightly into bars. Refrigerate about 2 hours or until set. For bars, cut into 4 rows by 3 rows. Store covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:27.02, Glycemic Load:13.17, Inflammation Score:-6, Nutrition Score:11.406956649345%

## Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 213.85kcal (10.69%), Fat: 8.88g (13.66%), Saturated Fat: 1.22g (7.62%), Carbohydrates: 33.93g (11.31%), Net Carbohydrates: 29.56g (10.75%), Sugar: 21.63g (24.03%), Cholesterol: 0mg (0%), Sodium: 96.36mg (4.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.64%), Manganese: 0.93mg (46.31%), Folate: 81.63µg (20.41%), Iron: 3.62mg (20.1%), Fiber: 4.37g (17.5%), Magnesium: 62.04mg (15.51%), Vitamin B3: 3.09mg (15.44%), Vitamin B1: 0.23mg (15.35%), Vitamin B6: 0.28mg (14.02%), Vitamin E: 1.86mg (12.43%), Phosphorus: 124.17mg (12.42%), Selenium: 8.62µg (12.31%), Copper: 0.24mg (11.88%), Vitamin B2: 0.2mg (11.83%), Vitamin B12: 0.5µg (8.33%), Zinc: 1.19mg (7.95%), Potassium: 225.28mg (6.44%), Vitamin A: 255.48IU (5.11%), Vitamin B5: 0.3mg (2.99%), Vitamin D: 0.33µg (2.2%), Calcium: 21.01mg (2.1%)