



No-bake Chewy Fruit and Nut Bars

READY IN



20 min.

SERVINGS



20

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup creamy almond butter
- 0.3 cup bittersweet chocolate finely chopped
- 0.5 cup karo syrup
- 2 tbsp butter
- 1 cup cherries dried
- 0.7 cup apricots dried chopped
- 2 tablespoons brown sugar light packed
- 1.5 cups puffed brown rice cereal
- 1 cup roasted raw unsalted whole

0.3 teaspoon salt

Equipment

bowl

frying pan

sauce pan

knife

aluminum foil

Directions

Line an 8-in. square pan with foil. Butter foil. In a large bowl, stir together cereal, cherries, almonds, apricots, and chocolate.

Combine 2 tbsp. butter, the sugar, syrup, almond butter, and salt in a small saucepan and cook, stirring, over medium heat until butter melts and mixture is smooth. Bring to a simmer and cook 1 minute, stirring constantly to prevent scorching. Immediately pour bubbling mixture over cereal mixture and stir until well combined.

Press mixture firmly into prepared pan, using lightly buttered hands. Chill until firm, about 1 hour. Tip out of pan onto a work surface and peel off foil. Using a sharp buttered knife, quarter mixture and then cut each quarter into 5 bars.

*Find at natural-foods stores and Whole Foods Market.

Nutrition Facts



PROTEIN 14.29% **FAT 34.43%** **CARBS 51.28%**

Properties

Glycemic Index:5.27, Glycemic Load:1.01, Inflammation Score:-2, Nutrition Score:3.2682608806569%

Flavonoids

Cyanidin: 2.08mg, Cyanidin: 2.08mg, Cyanidin: 2.08mg, Cyanidin: 2.08mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 104.7kcal (5.23%), Fat: 4.25g (6.54%), Saturated Fat: 1.5g (9.36%), Carbohydrates: 14.25g (4.75%), Net Carbohydrates: 13.27g (4.83%), Sugar: 10.38g (11.53%), Cholesterol: 10.64mg (3.55%), Sodium: 51.33mg (2.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.94%), Vitamin E: 1.01mg (6.74%), Manganese: 0.11mg (5.61%), Phosphorus: 54.75mg (5.47%), Selenium: 3.81µg (5.44%), Vitamin B6: 0.1mg (5.17%), Vitamin B3: 0.97mg (4.85%), Magnesium: 18.35mg (4.59%), Copper: 0.09mg (4.31%), Potassium: 149.17mg (4.26%), Vitamin B1: 0.06mg (4.21%), Vitamin A: 197.2IU (3.94%), Fiber: 0.98g (3.91%), Vitamin B2: 0.06mg (3.66%), Iron: 0.5mg (2.78%), Zinc: 0.41mg (2.75%), Calcium: 23.24mg (2.32%), Vitamin B5: 0.14mg (1.44%), Folate: 4.58µg (1.14%), Vitamin B12: 0.07µg (1.11%)