



No-Bake Dulce de Leche Snack Bars

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cups dulce de leche
- 0.5 cup banana chips dried
- 0.5 cup almonds whole
- 0.5 cup roasted pumpkin seeds salted hulled (pepitas)
- 0.5 cup cranberries dried sweetened
- 0.5 cup brown sugar light packed
- 0.3 cup honey
- 1 tablespoon butter

0.3 teaspoon salt

Equipment

bowl

frying pan

sauce pan

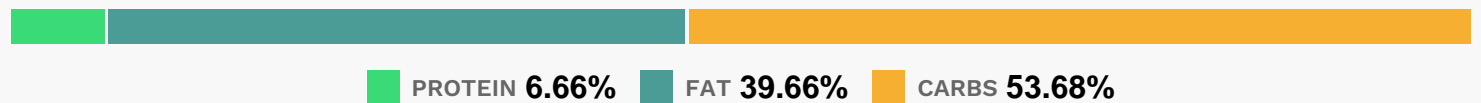
Directions

Spray 13x9-inch pan with cooking spray. In large bowl, mix cereal, banana chips, almonds, pepitas and cranberries; set aside.

In 1-quart saucepan, heat all Syrup ingredients over low heat, stirring occasionally, until butter is melted and sugar is dissolved.

Pour over cereal mixture; gently toss to coat. Press in pan; cool 30 minutes. For bars, cut into 5 rows by 3 rows. Store tightly covered.

Nutrition Facts



Properties

Glycemic Index:10.28, Glycemic Load:2.47, Inflammation Score:-2, Nutrition Score:3.4060869086534%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 129.06kcal (6.45%), Fat: 6.06g (9.32%), Saturated Fat: 1.82g (11.39%), Carbohydrates: 18.46g (6.15%), Net Carbohydrates: 17.16g (6.24%), Sugar: 15.94g (17.72%), Cholesterol: 2.01mg (0.67%), Sodium: 57.53mg (2.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Manganese: 0.35mg (17.49%), Magnesium:

37.61mg (9.4%), Vitamin E: 1.36mg (9.04%), Phosphorus: 71.76mg (7.18%), Copper: 0.11mg (5.66%), Fiber: 1.3g (5.18%), Vitamin B2: 0.06mg (3.78%), Iron: 0.62mg (3.45%), Zinc: 0.49mg (3.27%), Potassium: 96.02mg (2.74%), Calcium: 22.42mg (2.24%), Vitamin B3: 0.4mg (2.02%), Folate: 4.95µg (1.24%), Vitamin B6: 0.02mg (1.19%), Selenium: 0.77µg (1.11%), Vitamin B1: 0.02mg (1.03%)