



## No-Bake Oatmeal Bars

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



138 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 0.3 cup sugar
- 0.3 cup butter
- 0.3 cup honey
- 0.5 teaspoon ground cinnamon
- 1 cup raisins dried diced
- 2 cups corn flakes/bran flakes
- 1 cup oats
- 0.5 cup almonds sliced

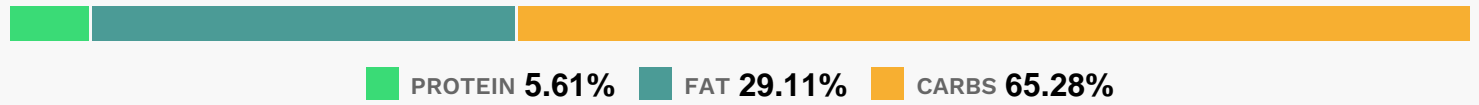
## Equipment

- frying pan
- sauce pan
- wooden spoon

## Directions

- Grease bottom and sides of 9-inch square pan with small amount of butter.
- In 3-quart saucepan, heat sugar, butter, honey and cinnamon to boiling over medium heat, stirring constantly. Boil 1 minute, stirring constantly; remove from heat. Stir in dried fruit. Stir in remaining ingredients.
- Press mixture in pan with back of wooden spoon. Cool completely, about 30 minutes. For bars, cut into 4 rows by 4 rows. Store loosely covered at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:20.84, Glycemic Load:13.25, Inflammation Score:-4, Nutrition Score:5.9365217160919%

## 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 Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 137.83kcal (6.89%), Fat: 4.8g (7.39%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 24.23g (8.08%), Net Carbohydrates: 21.81g (7.93%), Sugar: 10.05g (11.16%), Cholesterol: 0mg (0%), Sodium: 63.49mg (2.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.17%), Manganese: 0.5mg (25.14%), Iron: 2.01mg (11.18%), Fiber: 2.41g (9.66%), Folate: 36.69µg (9.17%), Magnesium: 35.9mg (8.97%), Vitamin B2: 0.13mg (7.65%), Vitamin B1: 0.11mg (7.25%), Phosphorus: 67.42mg (6.74%), Selenium: 4.6µg (6.57%), Vitamin E: 0.92mg (6.14%), Vitamin B6: 0.11mg

(5.66%), Vitamin B3: 1.09mg (5.46%), Copper: 0.1mg (5.19%), Vitamin A: 252.08IU (5.04%), Vitamin B12: 0.25µg (4.23%), Potassium: 146.13mg (4.18%), Zinc: 0.54mg (3.57%), Calcium: 17mg (1.7%), Vitamin D: 0.17µg (1.1%), Vitamin B5: 0.1mg (1.05%)