



No-Bake Oatmeal Bars

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



119 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

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

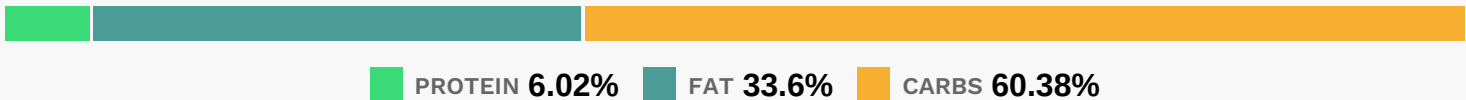
Equipment

- ☐ 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:17.16, Glycemic Load:9.43, Inflammation Score:-4, Nutrition Score:5.5739129963128%

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: 119.45kcal (5.97%), Fat: 4.77g (7.34%), Saturated Fat: 0.78g (4.87%), Carbohydrates: 19.29g (6.43%), Net Carbohydrates: 17.25g (6.27%), Sugar: 11.71g (13.01%), Cholesterol: 0mg (0%), Sodium: 61.69mg (2.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.84%), Manganese: 0.48mg (24.13%), Iron: 1.82mg (10.13%), Folate: 36.71µg (9.18%), Magnesium: 33.92mg (8.48%), Fiber: 2.04g (8.14%), Vitamin B2: 0.12mg (6.88%), Vitamin B1: 0.1mg (6.69%), Selenium: 4.54µg (6.49%), Phosphorus: 62.4mg (6.24%), Vitamin E: 0.92mg (6.14%), Vitamin A: 296.82IU

(5.94%), Vitamin B3: 1.05mg (5.24%), Vitamin B6: 0.1mg (4.92%), Copper: 0.09mg (4.37%), Vitamin B12: 0.25µg (4.23%), Zinc: 0.53mg (3.55%), Potassium: 84.54mg (2.42%), Calcium: 15.2mg (1.52%), Vitamin D: 0.17µg (1.1%), Vitamin B5: 0.11mg (1.07%)