

Oaty Cereal Bars



Vegetarian



Dairy Free

READY IN



70 min.

SERVINGS



16

CALORIES



119 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 cups oat cereal toasted
- ☐ 0.5 cup honey
- ☐ 0.5 cup peanut butter
- ☐ 0.5 cup sugar white

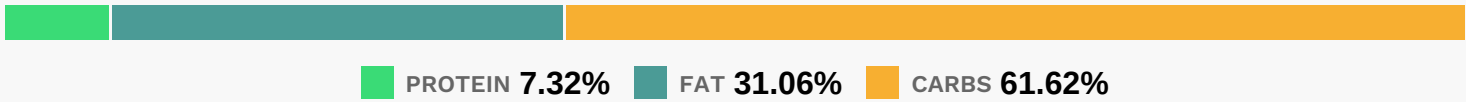
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

☐ Grease a 9x13 inch pan. In a large saucepan over medium heat, stir together the sugar and honey. Bring to a boil, then remove from heat and stir in the peanut butter until well blended. Stir in the cereal and if desired, stir in the salted peanuts. Press into the prepared pan. Allow to cool until firm, then cut into bars.

Nutrition Facts



Properties

Glycemic Index:8.52, Glycemic Load:9.11, Inflammation Score:-3, Nutrition Score:3.9469565376639%

Nutrients (% of daily need)

Calories: 119.05kcal (5.95%), Fat: 4.4g (6.77%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 19.63g (6.54%), Net Carbohydrates: 18.83g (6.85%), Sugar: 15.96g (17.73%), Cholesterol: 0mg (0%), Sodium: 54.64mg (2.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.67%), Manganese: 0.27mg (13.33%), Vitamin B3: 1.79mg (8.95%), Folate: 35.26µg (8.81%), Iron: 1.33mg (7.36%), Vitamin B6: 0.11mg (5.44%), Zinc: 0.76mg (5.04%), Vitamin E: 0.75mg (5%), Magnesium: 18.33mg (4.58%), Vitamin B12: 0.27µg (4.44%), Phosphorus: 41.81mg (4.18%), Vitamin B1: 0.06mg (4.15%), Fiber: 0.81g (3.22%), Copper: 0.05mg (2.67%), Vitamin A: 129.9IU (2.6%), Potassium: 76.03mg (2.17%), Selenium: 1.43µg (2.05%), Calcium: 18.71mg (1.87%), Vitamin B2: 0.02mg (1.44%), Vitamin B5: 0.13mg (1.35%), Vitamin C: 0.9mg (1.09%)