



Peanut Butter Granola Bars

 Gluten Free

READY IN



90 min.

SERVINGS



24

CALORIES



134 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup brown sugar
- 0.3 cup chocolate chips miniature
- 1 egg white
- 0.3 cup honey
- 2 cups old fashioned oats
- 0.5 cup chunky peanut butter
- 0.3 cup slivered almonds toasted
- 0.5 cup butter unsalted melted (1-stick)

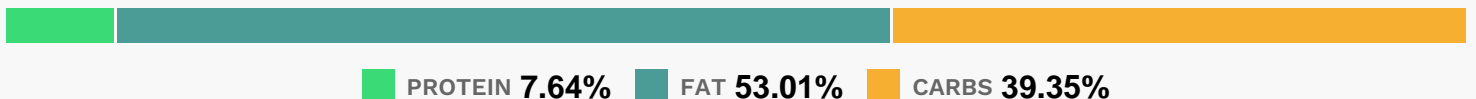
Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven
- baking pan
- spatula

Directions

- Watch how to make this recipe.
- Position an oven rack in the middle of the oven. Preheat the oven to 350 degrees F.
- Spray a 7 by 10 3/4-inch nonstick baking pan with vegetable cooking spray.
- Lay a 6 by 18-inch piece of parchment paper in the pan, allowing the excess paper to hang over the sides. Spray the parchment paper lightly with cooking spray.
- In a medium bowl, using a hand beater, beat the egg white until frothy. Stir in the peanut butter, brown sugar, and honey.
- Add the melted butter, oats and almonds. Stir to combine, then add the chocolate chips.
- Using a rubber spatula, spread mixture into the prepared baking pan, pressing lightly to form an even layer.
- Bake until the edge of the mixture begins to brown, about 15 minutes.
- Remove from the oven and let cool for at least 1 hour.
- Cut into 1 1/2-inch squares and serve.
- *Cook's Note: To toast almonds, arrange in a single layer on a baking sheet.
- Bake in a preheated 350 degree F oven until lightly browned, about 8 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:4.84, Glycemic Load:3.22, Inflammation Score:-2, Nutrition Score:3.1995652191665%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 133.66kcal (6.68%), Fat: 8.17g (12.57%), Saturated Fat: 3.45g (21.57%), Carbohydrates: 13.65g (4.55%), Net Carbohydrates: 12.49g (4.54%), Sugar: 8.12g (9.02%), Cholesterol: 10.54mg (3.51%), Sodium: 28.77mg (1.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Manganese: 0.35mg (17.74%), Vitamin E: 0.92mg (6.11%), Magnesium: 22.02mg (5.51%), Phosphorus: 52.92mg (5.29%), Fiber: 1.16g (4.62%), Vitamin B3: 0.84mg (4.21%), Selenium: 2.58µg (3.69%), Copper: 0.06mg (3.22%), Zinc: 0.43mg (2.87%), Vitamin B1: 0.04mg (2.74%), Iron: 0.49mg (2.73%), Vitamin A: 123.79IU (2.48%), Vitamin B2: 0.04mg (2.47%), Potassium: 72.09mg (2.06%), Folate: 7.57µg (1.89%), Vitamin B6: 0.03mg (1.72%), Calcium: 16.04mg (1.6%), Vitamin B5: 0.15mg (1.52%)