



Popcorn Snack Bars



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



20

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup almonds chopped
- ☐ 0.5 cup apricots dried thinly sliced
- ☐ 0.8 cup honey
- ☐ 0.8 cup brown sugar light packed
- ☐ 8 cups popped popcorn plain
- ☐ 0.5 cup raisins
- ☐ 2 cups rolled oats instant (do not use)
- ☐ 0.3 teaspoon salt

☐ 0.5 cup coconut or shredded unsweetened

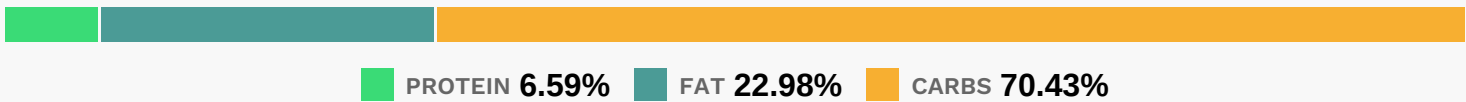
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350F.
- ☐ Spread coconut on an ungreased baking sheet and bake until lightly toasted, stirring once or twice, about 5 minutes.
- ☐ Transfer to a bowl to cool. Wipe off baking sheet and spread almonds on it.
- ☐ Bake until golden brown and fragrant, 5 to 7 minutes, stirring once or twice.
- ☐ Transfer to bowl with coconut to cool.
- ☐ Mist a 9-by-13-inch baking dish with cooking spray. In a large bowl, combine popcorn, oats, coconut, almonds, raisins and apricots; stir well.
- ☐ In a small pan over low heat, combine honey, brown sugar and salt. Cook, stirring, until sugar dissolves, about 5 minutes.
- ☐ Pour honey mixture over popcorn mixture; stir until all ingredients are well-coated and there are no dry spots.
- ☐ Transfer mixture to baking dish. Using lightly moistened palms, firmly press mixture into baking dish. Refrigerate for at least 30 minutes before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:13.04, Glycemic Load:11.36, Inflammation Score:-3, Nutrition Score:5.2504348690095%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg 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: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 182.71kcal (9.14%), Fat: 4.94g (7.6%), Saturated Fat: 1.66g (10.35%), Carbohydrates: 34.07g (11.36%), Net Carbohydrates: 31.06g (11.29%), Sugar: 20.7g (23%), Cholesterol: 0mg (0%), Sodium: 34.98mg (1.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.37%), Manganese: 0.56mg (28.12%), Fiber: 3.02g (12.06%), Vitamin E: 1.57mg (10.47%), Magnesium: 37.22mg (9.31%), Phosphorus: 85.44mg (8.54%), Copper: 0.15mg (7.38%), Iron: 1.05mg (5.85%), Vitamin B2: 0.09mg (5.5%), Potassium: 180.95mg (5.17%), Selenium: 3.29µg (4.7%), Zinc: 0.69mg (4.63%), Vitamin B1: 0.06mg (3.92%), Calcium: 29.98mg (3%), Vitamin B3: 0.55mg (2.75%), Vitamin A: 125.81IU (2.52%), Vitamin B6: 0.05mg (2.36%), Vitamin B5: 0.19mg (1.95%), Folate: 7.3µg (1.82%)