



Puffed Millet Squares



Vegetarian



Dairy Free

READY IN



75 min.

SERVINGS



16

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup fruit mixed dried chopped
- ☐ 0.5 cup honey
- ☐ 0.5 cup natural peanut butter
- ☐ 3.5 cups puffed millet cereal
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

Equipment

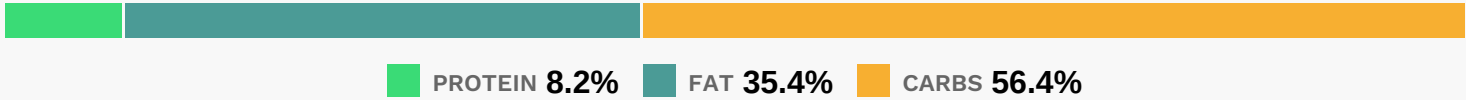
- ☐ frying pan

sauce pan

Directions

- Grease an 8x8-inch pan.
- Combine peanut butter, honey, and salt together in a large saucepan; bring to a boil.
- Add vanilla extract.
- Remove from heat and stir in millet and dried fruit. Press mixture into the prepared pan. Refrigerate until chilled, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:6.08, Glycemic Load:4.96, Inflammation Score:-1, Nutrition Score:2.0895652136077%

Nutrients (% of daily need)

Calories: 99.81kcal (4.99%), Fat: 4.17g (6.41%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 14.94g (4.98%), Net Carbohydrates: 14.35g (5.22%), Sugar: 10.17g (11.3%), Cholesterol: 0mg (0%), Sodium: 108.03mg (4.7%), Alcohol: 0.09g (100%), Alcohol %: 0.45% (100%), Protein: 2.17g (4.35%), Manganese: 0.13mg (6.69%), Vitamin B3: 1.24mg (6.19%), Vitamin E: 0.74mg (4.95%), Magnesium: 15.94mg (3.99%), Folate: 13.55µg (3.39%), Phosphorus: 33.43mg (3.34%), Copper: 0.05mg (2.56%), Fiber: 0.59g (2.35%), Vitamin B1: 0.03mg (2.01%), Vitamin B6: 0.04mg (1.99%), Zinc: 0.28mg (1.88%), Potassium: 64.6mg (1.85%), Vitamin B2: 0.03mg (1.85%), Iron: 0.33mg (1.82%), Selenium: 0.85µg (1.22%)