



## Rainforest Chewy Bars

 Dairy Free

READY IN



10 min.

SERVINGS



24

CALORIES



271 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup planters almonds chopped
- 2 Tbsp butter
- 1 cup apricots dried chopped
- 0.3 cup honey
- 10 oz marshmallows jet-puffed ( 36 marshmallows)
- 6 cups honey-flavored multi-grain cereal flakes with oat clusters
- 0.5 cup planters sunflower kernels

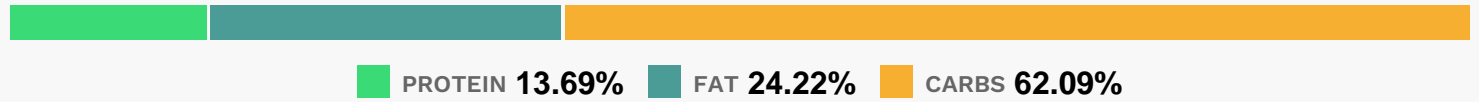
### Equipment

- bowl
- frying pan
- microwave

## Directions

- Microwave honey and butter in large microwaveable bowl on HIGH 1 min.; stir until well blended.
- Add marshmallows; toss to coat. Microwave 1-1/2 min. or until marshmallows are puffed; stir until well blended.
- Add remaining ingredients; mix well.
- Press cereal mixture firmly into greased 13x9-inch pan. Cool.
- Cut into 24 bars.

## Nutrition Facts



## Properties

Glycemic Index:10.24, Glycemic Load:23.73, Inflammation Score:-5, Nutrition Score:13.353913044314%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg 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: 270.78kcal (13.54%), Fat: 7.5g (11.54%), Saturated Fat: 0.99g (6.16%), Carbohydrates: 43.25g (14.42%), Net Carbohydrates: 38.3g (13.93%), Sugar: 15.54g (17.26%), Cholesterol: 0mg (0%), Sodium: 287.61mg (12.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.54g (19.07%), Manganese: 1.47mg (73.49%), Selenium: 17.33µg (24.76%), Vitamin E: 3.1mg (20.65%), Fiber: 4.95g (19.79%), Vitamin B1: 0.29mg (19.06%), Magnesium: 72.78mg (18.19%), Phosphorus: 177.68mg (17.77%), Vitamin B3: 3.22mg (16.11%), Copper: 0.28mg (13.83%), Calcium: 118.51mg (11.85%), Iron: 2.07mg (11.49%), Vitamin B2: 0.18mg (10.7%), Zinc: 1.4mg (9.33%), Vitamin B6: 0.18mg (9.13%), Folate:

34.54µg (8.64%), Potassium: 275.3mg (7.87%), Vitamin B5: 0.5mg (4.97%), Vitamin A: 240.18IU (4.8%), Vitamin K:  
4.78µg (4.55%)