



Saucepan Granola Bars

 Dairy Free

READY IN



95 min.

SERVINGS



48

CALORIES



70 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 cups cereal with fruit
- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup nuts chopped
- ☐ 1 teaspoon vanilla
- ☐ 2 eggs
- ☐ 2.5 cups frangelico

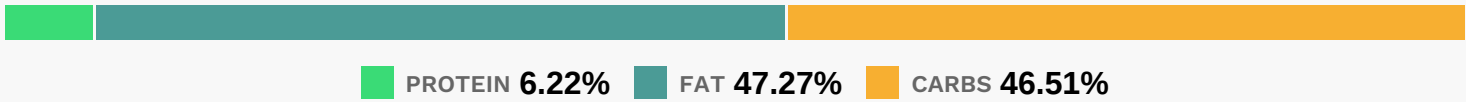
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 375°F. In 3–quart saucepan, melt butter over low heat. Stir in remaining ingredients until blended. Spoon into ungreased 13x9–inch pan; spread evenly.
- ☐ Bake 20 to 25 minutes or until deep golden brown. Cool completely, about 1 hour. For bars, cut into 8 rows by 6 rows.

Nutrition Facts



Properties

Glycemic Index:0.62, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.4995652166722%

Nutrients (% of daily need)

Calories: 69.93kcal (3.5%), Fat: 3.77g (5.79%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 8.34g (2.78%), Net Carbohydrates: 7.94g (2.89%), Sugar: 5.5g (6.11%), Cholesterol: 6.82mg (2.27%), Sodium: 28.05mg (1.22%), Alcohol: 0.03g (100%), Alcohol %: 0.24% (100%), Protein: 1.12g (2.23%), Manganese: 0.17mg (8.45%), Phosphorus: 25.83mg (2.58%), Magnesium: 8.71mg (2.18%), Selenium: 1.5µg (2.14%), Vitamin E: 0.29mg (1.92%), Iron: 0.34mg (1.9%), Vitamin A: 94.71IU (1.89%), Copper: 0.04mg (1.87%), Fiber: 0.4g (1.6%), Vitamin B1: 0.02mg (1.32%), Vitamin B2: 0.02mg (1.26%), Zinc: 0.18mg (1.23%), Potassium: 38.42mg (1.1%), Calcium: 10.97mg (1.1%)