



Sports Bars with Dried Fruit and Peanut Butter



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cherries dried chopped
- ☐ 0.3 cup plus light
- ☐ 0.3 cup creamy peanut butter
- ☐ 0.3 cup dates pitted chopped
- ☐ 0.3 cup honey
- ☐ 3 cups whole-grain oat cereal whole (such as Kashi)
- ☐ 0.3 cup raisins
- ☐ 0.5 cup walnuts chopped

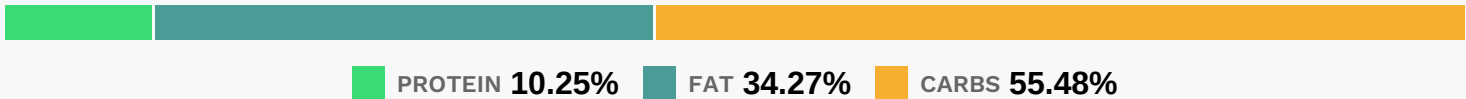
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350°F. Spray 9-inch square metal baking pan with nonstick spray.
- ☐ Mix cereal, walnuts, dates, cherries, and raisins in medium bowl.
- ☐ Combine peanut butter, honey, and corn syrup in heavy small saucepan. Bring to boil, whisking constantly until mixture bubbles vigorously and thickens slightly, about 1 minute.
- ☐ Pour peanut butter mixture over cereal mixture in bowl; stir to blend.
- ☐ Transfer mixture to prepared pan; press to compact.
- ☐ Bake until just golden around edges, about 10 minutes. Cool completely.
- ☐ Cut into 2 1/2x1 1/2-inch bars. (Can be prepared 3 days ahead. Store in single layer between sheets of foil in airtight container at room temperature.)
- ☐ Per serving (1 bar): calories, 127; total fat, 4 g; saturated fat, 1 g; cholesterol, 0
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:13.23, Glycemic Load:4.5, Inflammation Score:-1, Nutrition Score:3.1256521904598%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 115.12kcal (5.76%), Fat: 4.63g (7.13%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 16.87g (5.62%), Net Carbohydrates: 15.74g (5.72%), Sugar: 11.41g (12.68%), Cholesterol: 0mg (0%), Sodium: 48.29mg (2.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Manganese: 0.2mg (9.84%), Vitamin B1: 0.12mg (7.75%), Vitamin B6: 0.11mg (5.73%), Vitamin B3: 1.14mg (5.71%), Vitamin B2: 0.09mg (5.42%), Fiber: 1.14g (4.55%), Iron: 0.78mg (4.32%), Copper: 0.08mg (4.24%), Folate: 16.25µg (4.06%), Magnesium: 15.04mg (3.76%), Phosphorus: 30.81mg (3.08%), Vitamin E: 0.46mg (3.07%), Vitamin C: 1.98mg (2.4%), Potassium: 78.04mg (2.23%), Calcium: 21.37mg (2.14%), Zinc: 0.26mg (1.76%)