



Sweet and Salty Trail Mix Bars

 Vegetarian

READY IN



10 min.

SERVINGS



16

CALORIES



297 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup brown sugar dark packed
- ☐ 1 cup raisins dried
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup honey
- ☐ 0.8 cup peanut butter unsweetened ()
- ☐ 1.5 cups pretzel twists salted
- ☐ 2 cups rolled oats instant (not)
- ☐ 0.5 teaspoon salt

- ☐ 1 cup sunflower seeds toasted
- ☐ 4 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla extract

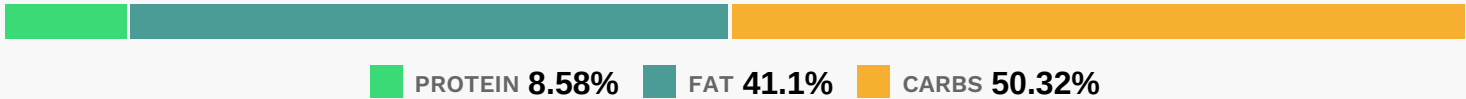
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat oven to 350F; butter a 7-by-11-inch baking dish. In a large bowl, combine pretzels, oats, raisins and sunflower seeds.
- ☐ Melt butter in a small saucepan over medium-high heat.
- ☐ Add peanut butter, sugar, honey, vanilla, flour and salt; stir until smooth.
- ☐ Pour butter mixture into pretzel mixture and stir quickly to thoroughly coat.
- ☐ Transfer mixture to prepared baking pan and use your fingers to press in firmly and evenly.
- ☐ Bake until lightly browned, about 20 minutes. Cool completely in pan on a wire rack before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:17.77, Glycemic Load:12.08, Inflammation Score:-4, Nutrition Score:10.008695635135%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg,

Myricetin: 0.18mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 296.52kcal (14.83%), Fat: 14.23g (21.89%), Saturated Fat: 3.53g (22.08%), Carbohydrates: 39.2g (13.07%), Net Carbohydrates: 36.21g (13.17%), Sugar: 22.59g (25.1%), Cholesterol: 7.53mg (2.51%), Sodium: 178.53mg (7.76%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Protein: 6.68g (13.37%), Manganese: 0.81mg (40.31%), Vitamin E: 4.35mg (29.01%), Magnesium: 64.89mg (16.22%), Vitamin B1: 0.24mg (15.73%), Phosphorus: 149.31mg (14.93%), Vitamin B3: 2.93mg (14.63%), Selenium: 9.61µg (13.73%), Copper: 0.27mg (13.28%), Fiber: 2.99g (11.95%), Folate: 47.4µg (11.85%), Vitamin B6: 0.19mg (9.48%), Iron: 1.57mg (8.71%), Zinc: 1.2mg (8%), Vitamin B2: 0.11mg (6.39%), Potassium: 191.57mg (5.47%), Vitamin B5: 0.4mg (4.04%), Calcium: 27.33mg (2.73%), Vitamin A: 91.65IU (1.83%), Vitamin K: 1.18µg (1.13%)