



Trail Bars

READY IN



55 min.

SERVINGS



15

CALORIES



396 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup almonds chopped
- ☐ 0.5 cup dates chopped
- ☐ 0.5 cup apricots dried chopped
- ☐ 2 eggs
- ☐ 0.3 cup honey
- ☐ 1 teaspoon juice of lemon
- ☐ 1 cup quick-cooking oats
- ☐ 1 cup semi chocolate chips
- ☐ 2 tablespoons sesame seed

- ☐ 1 cup butter unsalted
- ☐ 0.5 cup coconut or unsweetened flaked
- ☐ 0.5 cup wheat germ
- ☐ 2 cups flour whole wheat

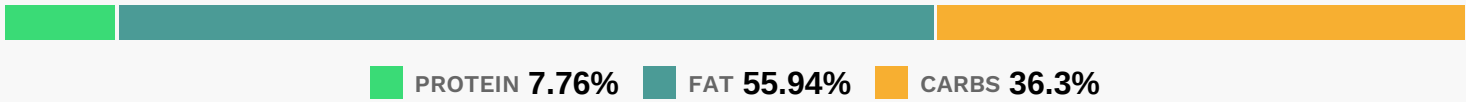
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, mix together the butter, 3/4 cup honey, and lemon juice until well blended.
- ☐ Combine the flour, oats, and wheat germ; mix into the honey mixture.
- ☐ Spread evenly into the bottom of an ungreased 9x13 inch baking pan. Set aside.
- ☐ In another bowl, beat eggs while gradually pouring in 1/4 cup honey. Stir in almonds, chocolate chips, dates, apricots, coconut, and sesame seeds until they are evenly distributed and well coated.
- ☐ Spread over the crust in the pan.
- ☐ Bake for 30 to 35 minutes in the preheated oven, or until center is set, and the top is lightly browned. Cool completely before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:16.51, Glycemic Load:7.13, Inflammation Score:-6, Nutrition Score:15.74217411487%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 396.15kcal (19.81%), Fat: 25.73g (39.59%), Saturated Fat: 12.85g (80.34%), Carbohydrates: 37.57g (12.52%), Net Carbohydrates: 31.39g (11.41%), Sugar: 15.27g (16.97%), Cholesterol: 55.08mg (18.36%), Sodium: 14.16mg (0.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10.32mg (3.44%), Protein: 8.03g (16.07%), Manganese: 1.9mg (95.19%), Selenium: 19.29µg (27.56%), Magnesium: 103.46mg (25.87%), Fiber: 6.19g (24.74%), Copper: 0.46mg (23.19%), Phosphorus: 225.37mg (22.54%), Vitamin E: 3.28mg (21.87%), Iron: 2.72mg (15.13%), Vitamin B1: 0.22mg (14.77%), Zinc: 1.95mg (12.99%), Vitamin B2: 0.21mg (12.51%), Vitamin A: 574.18IU (11.48%), Potassium: 367.34mg (10.5%), Vitamin B6: 0.18mg (9.03%), Vitamin B3: 1.8mg (9.01%), Folate: 29.78µg (7.45%), Calcium: 65.27mg (6.53%), Vitamin B5: 0.49mg (4.87%), Vitamin K: 2.69µg (2.56%), Vitamin D: 0.34µg (2.3%), Vitamin B12: 0.1µg (1.66%)