



Walnut and Dried Cherry Bars



Vegetarian



Dairy Free

READY IN



85 min.

SERVINGS



12

CALORIES



202 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 0.8 cup cherries dried chopped
- ☐ 1 eggs beaten
- ☐ 1 egg white
- ☐ 0.8 cup regular flour whole-wheat
- ☐ 0.3 cup fruit only" apricot preserves
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup honey

- ☐ 1 cup quick-cooking oats
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup apple sauce unsweetened
- ☐ 0.5 cup walnuts finely chopped
- ☐ 0.3 cup wheat germ toasted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F. In a medium bowl, whisk together the oats, flour, wheat germ, cinnamon and salt.
- ☐ In another bowl, whisk together the honey, applesauce, oil, egg and egg white until well combined. Stir in the oatmeal mixture until well combined.
- ☐ Add the dried cherries and walnuts.
- ☐ Coat an 8-inch square baking pan with cooking spray.
- ☐ Spread the mixture into the prepared pan and bake until a toothpick inserted in the center comes out clean, 30 to 35 minutes.
- ☐ Put the preserves in a small saucepan and bring to a boil. As soon as the bars come out of the oven, brush with the preserves. Cool completely and cut into 12 bars, about 4 by 1 1/2 inches each.

Nutrition Facts



 **PROTEIN 7.7%**  **FAT 38.21%**  **CARBS 54.09%**

Properties

Glycemic Index:13.69, Glycemic Load:8.99, Inflammation Score:-3, Nutrition Score:7.6239130704299%

Flavonoids

Cyanidin: 2.74mg, Cyanidin: 2.74mg, Cyanidin: 2.74mg, Cyanidin: 2.74mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 202.43kcal (10.12%), Fat: 9.12g (14.03%), Saturated Fat: 0.91g (5.68%), Carbohydrates: 29.05g (9.68%), Net Carbohydrates: 26.58g (9.67%), Sugar: 15.77g (17.52%), Cholesterol: 13.64mg (4.55%), Sodium: 61.23mg (2.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.27%), Manganese: 1.13mg (56.61%), Selenium: 10.93µg (15.62%), Magnesium: 44.39mg (11.1%), Phosphorus: 105.37mg (10.54%), Fiber: 2.47g (9.87%), Vitamin B1: 0.14mg (9.44%), Copper: 0.17mg (8.66%), Vitamin E: 1.02mg (6.78%), Zinc: 0.95mg (6.33%), Iron: 1.09mg (6.03%), Vitamin B6: 0.11mg (5.58%), Folate: 19.69µg (4.92%), Vitamin B2: 0.08mg (4.64%), Potassium: 139.45mg (3.98%), Vitamin K: 4.1µg (3.9%), Vitamin B3: 0.69mg (3.45%), Vitamin B5: 0.27mg (2.67%), Calcium: 18.59mg (1.86%), Vitamin C: 1.25mg (1.51%)