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The real mccoys bar

A pot of butterscotch-flavored blondes makes the perfect base for traditional ingredients s'mores. Ad - Continue Reading Below Cal/Serv: 260 Results: 1 Cooking Time: 0 hours 40 minutes Total Time: 1 hour 0 minutes 8 graham crackers 3/4 c. margarine or butter 1 c. pink sugar 3/4 c. granulated sugar 1 tbsp. vanilla extract 4 large eggs 1 1/2 c. all-purpose flour 2 1/4 tsp. baking powder 1 tsp. salt 1 c. walnuts or pecans 1 bar semisweet or milk chocolate 2 c. mini marshmallows This ingredient shopping module is made and maintained by third parties, and imported you may be able to find more information about this and similar content on their website. Preheat the oven to 350 degrees F. Grease 13 inches with a 9-inch metal baking sheet. Pan the line with foil; oil and flour foil. Simply roughly crush enough graham crackers to equal 1 cup; Set aside. With a rolling pin, crush the rest of the graham crackers to match the fine crumbs of 1/2 cup. In a heavy 3-quart saucepan, melt margarine or butter over low heat. Remove the pan from the heat. With a spoon, stir in the sugar and vanilla, then stir in the eggs until well mixed. On wax paper, combine the flour, baking powder, salt, and finely crushed graham-cracker crumbs; stir into the mixture in a saucepan only until mixed. Stir in the chopped nuts. Spread the dough evenly in a frying pan. Bake for 30 minutes or until the top is lightly golden. Remove the pan from the oven and sprinkle with graham-cracker pieces, chocolate pieces and marshmallows. Bake 10 minutes longer or until the marshmallows are puffy and golden. Chill completely in a frying pan on a wire rack. When cool, cut into 4 strips, then cut each strip crosswise into 6 pieces. This content is created and maintained by third parties, and imported onto this page to help users provide their email addresses. 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From the WebMD Archive They are everywhere! Bar Bar and more bars. They are in the cereal aisle, in the form of a breakfast bar and granola bar. They are in the diet section as a meal replacement bar, and they are in the exercise section as a strength bar. To be honest, a balanced bar can certainly come in handy. I personally keep some around for this situation, which a family of four (or another number) is bound to find itself in occasionally. There's no time for breakfast, and we have to pick up something to eat later as we fly out the door. We were stuck somewhere (all-day football tournaments, work conferences, etc.) for hours without access to food. We go around, for work or family reasons, with no time or opportunity to stop for a snack or food to plug us in. We need something small and easy to eat 30 minutes or so before we exercise, so we'll have a lot of energy to get through the exercise. After reading many labels in all sorts of bars, I realized: When it comes to choosing your bar, it is a matter of choosing your poison. Taste, fat, fiber, protein, sugar – what does it mean more to you? Generally, if the bar is low in carbohydrates, it is also low in fiber and/or higher in fat. Some of these bars even contain a little saturated fat. SlimFast Meal Options bar, for example, has 8 grams of protein per bar, but that protein comes at a price: Each stem of Milk Chocolate Peanut also contains 3 grams of saturated fat and 44% calories of sugar. And if the bar tastes good enough, it will likely have at least 12 grams of sugar per serving. See what I'm saying? To help you make a selection of the best bars, I researched several bar brands. I'm going to have a breakdown soon. But first, here are my four keys to a better bar: 1. Does it have at least 3 grams of fiber? I tried to make sure my own breakfast and snack options contained 5 grams of fiber. Fiber helps our body in many ways, but at the bar, it will slow down digestion and make the energy of the bar last longer. For testing purposes, since so few bars have 5 grams of fiber, I am looking for those that have at least 3 grams. 2. Does it have at least 5 grams of protein? I also try to make sure my breakfast and snack options contain 5 grams of protein. It helps balance out carbohydrates, so the bar looks more satisfying and the energy lasts longer. Some of the bars I tested had 1 or 2 grams of protein, while others had 10 grams or more. 3. Does it contain less than 35% of calories from sugar? I must warn you: not many bars meet these guidelines. One of my daughter's much-loved bars (Nature's Choice Multigrain Raspberry) has 13 grams of sugar –which, at 120 calories bar, comes out up to 43% calories from I like to calculate the percentage of calories from sugar because different bar brands differ dramatically in size and calories. Putting sugar into percentages gives you a way to compare it fairly. 4. What is the total fat and saturated saturated Is it contained? You definitely want fat in the bar, so it has a taste, texture, and a little help slows down digestion. But you don't want too much fat, and you certainly don't want any saturated fat if you can help it. I read labels for bars I met and tried to find some that followed my four keys to a better bar. I can find several stems with 3 grams of fiber or more, 5 grams or more of protein, lower amounts of fat, and no saturated fat. But it is a rare bar that has less than 30% calories of sugar! That said, here's my better bar choice (for journal purposes, you'll generally count 230 calories for a meal replacement bar and 137 calories for a cereal bar): Clif bars score very well on protein and fiber content. The flavor I saw had 5 grams of fiber, 10 grams or more of protein, about 33% calories of sugar, and 4-5 grams of fat (1.5-2 grams of saturated fat) per bar. One of Clif's lowest sugar flavors is Cool Mint Chocolate: One bar (weight 68 grams) contains 250 calories, 10 grams of protein, 5 grams of fiber, 5 grams of fat (1.5 g of saturated fat) and 27% calories of sugar. (Journal as a food substitute protein bar.) Some Odwalla flavors have more than 5 grams of protein per bar, and most contain 3 grams of fiber or more as well. They tend to be quite low in saturated fat (1.5 grams of saturated fat or less per bar) but their calorie percentage of sugar ranges from 26% to 47%, depending on the taste. One of odwalla bars with the lowest sugar is Peanut Crunch: One bar (weight 62 grams) contains 260 calories, 8 grams protein, 3 grams fiber, 7 grams fat (1.5 g saturated fat) and 26% calories from sugar. (Journal as a food substitute protein bar.) These bars tend to have 7 grams of protein and 4 grams of fiber per bar, and their calorie percentage of sugar hovers around 30%. Fat content tends to be 4-5 grams, while saturated fat ranges from 0.5 to 2 grams per bar. One taste that is quite low in sugar and saturated fat is Cherry Crunch: One bar (weight 65 grams) contains 240 calories, 7 grams of protein, 4 grams of fiber, 4 grams of fat (0.5 g of saturated fat) and 30% of calories from sugar. (Journal as a food substitute protein bar.) These bars, which contain whole grains, bran, and soy protein concentrates, score high in fiber and protein. But sugar and saturated fats are high - about 47% of calories from sugar and 3 grams of saturated fat per bar. One of the most delicious flavors is the Oatmeal Raisin Cookie: One bar (78 grams of weight) contains 280 calories, 13 grams of protein, 6 grams of fiber, 5 grams of fat (3 grams of saturated fat) and 47% of calories from sugar. (Journal as a food substitute protein bar.) Luna bars score well for protein and sugar, but their fiber doesn't get to the level of 3 grams More. Most flavors have 2 grams of fiber, 10 grams of protein, about 27% calories of calories sugar, and 4.5 grams of fat (3.5 grams of saturated fat) per bar. One of Luna's most delicious flavors (even the pre-teen girl I liked) was Nutz Over Chocolate: One bar (weighing 48 grams) contained 180 calories, 10 grams of protein, 2 grams of fiber, 4.5 grams of fat (2.5 grams of saturated fat) and 27% calories of sugar. (Journal as 1 cup low-fat yogurt, sweetened.) Quaker Oatmeal Breakfast Squares It is packed as two bars per serving. They have 4-5 grams of protein, and are included among bars with the least amount of sugar (about 24% calories from sugar), but they have only 2 grams of fiber per serving. One of the highest protein flavors is Peanut Butter: Two bars (weight 42 grams) contain 180 calories, 5 grams of protein, 2 grams of fiber, 7 grams of fat (1 gram of saturated fat) and 24% of calories from sugar. (Journal 2 bar as 1 cup low fat yogurt, sweetened.) All these stems contain 4 grams of protein, are low in saturated fat (1 gram), and have at least 2 grams of fiber. But the percentage of calories from sugar ranges from 34 to 38%, depending on the taste. The highest flavor in fiber and lowest in sugar is Baked Apple: One square (weight 60 grams) contains 220 calories, 4 grams of protein, 3 grams of fiber, 4 grams of fat (1 gram of saturated fat) and 34% of calories from sugar. (Journal as granola 1/2 cup.) These bars have 3 grams of protein each, low in saturated fat (1 gram per bar), and 25 to 35% calories of sugar, but they do not offer more than 2 grams of fiber. The lowest flavor in sugar and the highest fiber is Mixed Beans: One stem (weight 35 grams) contains 160 calories, protein 3 grams, fiber 2 grams, fat 6 grams (1 gram saturated fat) and 25% calories from sugar. (Journal as 1 cereal bar + 1 teaspoon peanut butter). © WebMD 2004, Inc. All rights reserved. Booked.

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