



Browned Butter-Pecan Chewy Crispy Bars

READY IN



45 min.

SERVINGS



20

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 6 cups rice cereal
- ☐ 0.3 teaspoon kosher salt
- ☐ 10 ounce marshmallows
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.3 teaspoon vanilla extract

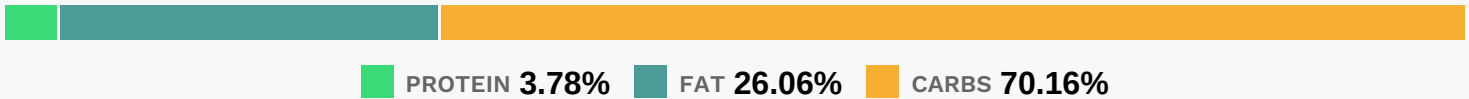
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter over medium-low heat; cook melted butter 3 minutes or until browned.
- ☐ Add marshmallows; stir and cook until melted.
- ☐ Add kosher salt and vanilla to melted marshmallows; stir well.
- ☐ Add cereal; toss well to combine. Press into a 13 x 9-inch pan coated with cooking spray; sprinkle evenly with pecans.

Nutrition Facts



Properties

Glycemic Index:6.03, Glycemic Load:6.97, Inflammation Score:-3, Nutrition Score:5.3943477869034%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 102.74kcal (5.14%), Fat: 3.1g (4.77%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 18.77g (6.26%), Net Carbohydrates: 18.35g (6.67%), Sugar: 8.92g (9.91%), Cholesterol: 3.01mg (1%), Sodium: 114.94mg (5%), Alcohol: 0.02g (100%), Alcohol %: 0.08% (100%), Protein: 1.01g (2.02%), Manganese: 0.4mg (20.13%), Iron: 2.79mg (15.52%), Folate: 60.75µg (15.19%), Vitamin B1: 0.13mg (8.61%), Zinc: 1.25mg (8.3%), Vitamin B2: 0.13mg (7.85%), Vitamin B6: 0.16mg (7.78%), Vitamin B3: 1.54mg (7.7%), Vitamin B12: 0.46µg (7.59%), Vitamin A: 186.38IU (3.73%), Calcium: 32.49mg (3.25%), Copper: 0.06mg (3.23%), Selenium: 1.94µg (2.77%), Vitamin C: 1.83mg (2.21%), Phosphorus: 20.32mg (2.03%), Vitamin D: 0.3µg (2%), Fiber: 0.41g (1.66%), Magnesium: 5.74mg (1.44%), Vitamin B5: 0.14mg (1.43%)