



Brownie Goody Bars

 Dairy Free

READY IN



210 min.

SERVINGS



16

CALORIES



393 kcal

DESSERT

Ingredients

- 16 oz brownie mix
- 1 serving vegetable oil for on brownie mix box
- 1.3 cups vanilla frosting (from 16 oz container)
- 0.5 cup roasted peanuts salted coarsely chopped
- 2 cups rice cereal crisp
- 0.7 cup creamy peanut butter
- 1.3 cups semi chocolate chips

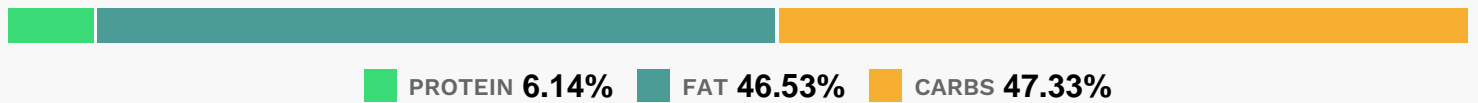
Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack
- aluminum foil

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom of 9-inch square pan with shortening or cooking spray. (For easier cutting, line pan with foil, grease bottom and sides of foil). Make and bake brownies as directed on box. Cool completely on cooling rack, about 1 hour 30 minutes.
- Frost brownies with frosting.
- Sprinkle with peanuts; refrigerate while making cereal mixture.
- Measure cereal into large bowl; set aside. In 1-quart saucepan, melt peanut butter and chocolate chips over low heat, stirring constantly.
- Pour over cereal in bowl, stirring until evenly coated.
- Spread over frosted brownies. Refrigerate about 1 hour or until set before cutting.
- Cut into 4 rows by 4 rows. Store tightly covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.56, Glycemic Load:5.42, Inflammation Score:-2, Nutrition Score:6.1665216982365%

Nutrients (% of daily need)

Calories: 392.94kcal (19.65%), Fat: 20.66g (31.79%), Saturated Fat: 6.14g (38.37%), Carbohydrates: 47.29g (15.76%), Net Carbohydrates: 45.14g (16.41%), Sugar: 31.84g (35.38%), Cholesterol: 0.9mg (0.3%), Sodium: 182.76mg (7.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.9mg (4.3%), Protein: 6.14g (12.28%), Manganese: 0.46mg (23.19%), Copper: 0.27mg (13.4%), Magnesium: 53.11mg (13.28%), Iron: 2.13mg (11.83%), Vitamin B3: 2.36mg (11.79%), Phosphorus: 99.03mg (9.9%), Vitamin E: 1.41mg (9.41%), Fiber: 2.15g (8.62%), Potassium: 189.79mg (5.42%), Vitamin

B2: 0.09mg (5.37%), Zinc: 0.8mg (5.33%), Folate: 20µg (5%), Vitamin K: 5.02µg (4.78%), Selenium: 2.31µg (3.29%),
Vitamin B6: 0.06mg (3.23%), Vitamin B1: 0.05mg (3.08%), Vitamin B5: 0.23mg (2.32%), Calcium: 19.87mg (1.99%)