



Brownie Goody Bars

 Dairy Free

READY IN



190 min.

SERVINGS



24

CALORIES



478 kcal

DESSERT

Ingredients

- 1 box brownie mix (1 lb 6.25 oz)
- 1 cup creamy peanut butter
- 3 cups rice cereal crisp
- 0.8 cup roasted peanuts salted coarsely chopped
- 12 oz semi chocolate chips (2 cups)
- 16 oz vanilla frosting
- 24 servings vegetable oil for on brownie mix box

Equipment

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

Directions

- Heat oven to 350F (325F for dark or nonstick pan). Grease bottom only of 13x9-inch pan with shortening or cooking spray. (For easier cutting, line pan with foil, then grease bottom only of foil.) Make brownies as directed on box for 13x9-inch pan. Cool completely, about 1 hour.
- 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. For bars, cut into 6 rows by 4 rows. Store tightly covered in refrigerator.

Nutrition Facts

PROTEIN 4.72% **FAT 60.66%** **CARBS 34.62%**

Properties

Glycemic Index:2.38, Glycemic Load:5.78, Inflammation Score:-3, Nutrition Score:7.331739200846%

Nutrients (% of daily need)

Calories: 478.08kcal (23.9%), Fat: 32.81g (50.48%), Saturated Fat: 7.81g (48.82%), Carbohydrates: 42.14g (14.05%), Net Carbohydrates: 40.06g (14.57%), Sugar: 28.8g (32%), Cholesterol: 0.85mg (0.28%), Sodium: 164.23mg (7.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 5.75g (11.5%), Vitamin K: 29.26µg (27.86%), Manganese: 0.45mg (22.64%), Vitamin E: 2.5mg (16.66%), Magnesium: 51.67mg (12.92%), Copper: 0.26mg (12.89%), Vitamin B3: 2.35mg (11.77%), Iron: 1.88mg (10.46%), Phosphorus: 97.11mg (9.71%), Fiber: 2.09g (8.35%), Vitamin B2: 0.09mg (5.57%), Potassium: 185.54mg (5.3%), Zinc: 0.78mg (5.19%), Folate: 20.1µg (5.02%), Vitamin B6: 0.06mg (3.21%), Selenium: 2.24µg (3.2%), Vitamin B1: 0.05mg (3.07%), Vitamin B5: 0.23mg (2.3%), Calcium: 19.4mg (1.94%)