



Caramel Peanut Popcorn Squares

 Gluten Free

READY IN



130 min.

SERVINGS



24

CALORIES



270 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16.5 oz peanut butter refrigerated
- 3.5 cups marshmallows miniature
- 3 oz butter-flavored microwave popcorn (8 cups)
- 1 cup powdered milk salted
- 10 oz peanut butter chips ()
- 0.7 cup plus light
- 0.3 cup butter
- 6 oz semi chocolate chips

Equipment

- bowl
- frying pan
- oven
- wire rack
- microwave

Directions

- Heat oven to 350°F. Spray 13x9-inch pan with cooking spray. With floured fingers, press dough evenly in bottom of pan to form crust. (DO NOT EAT RAW COOKIE DOUGH AFTER PRESSING DOUGH IN PAN WITH FLOURED FINGERS.)
- Bake 14 to 16 minutes or until light golden brown.
- Sprinkle marshmallows over crust.
- Bake 3 minutes longer or until marshmallows are puffed but not browned.
- Meanwhile, in large bowl, mix popcorn and peanuts; set aside. In medium microwavable bowl, microwave peanut butter chips, corn syrup and butter uncovered on High 1 to 2 minutes, stirring every 30 seconds, until melted and smooth.
- Pour over popcorn mixture; stir to coat completely. Immediately press mixture over marshmallows in even layer using back of spoon.
- In small microwavable bowl, microwave chocolate chips uncovered on High 1 minute to 1 minute 30 seconds, stirring every 30 seconds, until softened and chips can be stirred smooth.
- Drizzle melted chocolate over bars. Cool on cooling rack 1 hour. Refrigerate 30 minutes or until set.
- Cut into 6 rows by 4 rows.

Nutrition Facts



PROTEIN 9.47% **FAT 54.65%** **CARBS 35.88%**

Properties

Glycemic Index:8.47, Glycemic Load:7.42, Inflammation Score:-3, Nutrition Score:6.7643478072208%

Nutrients (% of daily need)

Calories: 269.91kcal (13.5%), Fat: 17.14g (26.37%), Saturated Fat: 5.34g (33.4%), Carbohydrates: 25.32g (8.44%), Net Carbohydrates: 23.45g (8.53%), Sugar: 18.18g (20.2%), Cholesterol: 5.6mg (1.87%), Sodium: 165.15mg (7.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.1mg (2.03%), Protein: 6.68g (13.36%), Manganese: 0.41mg (20.45%), Vitamin B3: 2.75mg (13.73%), Phosphorus: 136.16mg (13.62%), Magnesium: 53.98mg (13.49%), Vitamin E: 2.02mg (13.49%), Copper: 0.19mg (9.44%), Fiber: 1.87g (7.47%), Potassium: 237.77mg (6.79%), Zinc: 0.99mg (6.57%), Calcium: 65.56mg (6.56%), Vitamin B2: 0.11mg (6.34%), Vitamin B6: 0.12mg (5.8%), Iron: 0.9mg (4.99%), Folate: 19.36µg (4.84%), Selenium: 2.71µg (3.87%), Vitamin D: 0.56µg (3.73%), Vitamin B5: 0.36mg (3.58%), Vitamin B1: 0.05mg (3.44%), Vitamin B12: 0.19µg (3.14%), Vitamin A: 144.18IU (2.88%)