

Cherry Mash Bars



Gluten Free



Low Fod Map

READY IN



60 min.

SERVINGS



10

CALORIES



473 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 cup half-and-half cream
- ☐ 1 cup marshmallows miniature
- ☐ 0.5 cup peanut butter
- ☐ 1 cup cherry baking chips
- ☐ 1 cup roasted peanuts spanish
- ☐ 0.3 teaspoon salt
- ☐ 1 cup semi chocolate chips

☐ 1 cup sugar white

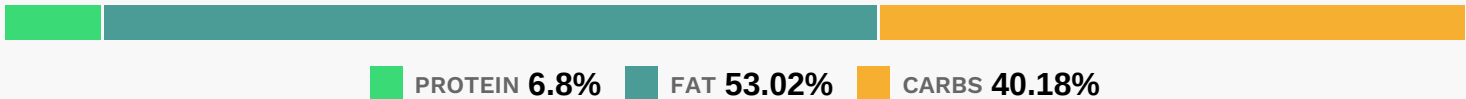
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ microwave

Directions

- ☐ Line an 8x8 or 9x9 inch square pan with waxed paper.
- ☐ In a medium saucepan, combine butter, sugar, salt and half and half.
- ☐ Heat until boiling, stirring occasionally. Boil for 5 minutes, stirring enough to keep from scorching.
- ☐ Remove from heat and stir in the marshmallows, and cherry chips. Press the mixture into the prepared pan.
- ☐ In the microwave or in a metal bowl over a pan of simmering water, melt chocolate chips, and peanut butter together stirring frequently until smooth.
- ☐ Spread over the mixture in the pan. Refrigerate for 2 hours before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:19.46, Glycemic Load:16.74, Inflammation Score:-4, Nutrition Score:9.1721738512101%

Nutrients (% of daily need)

Calories: 473.32kcal (23.67%), Fat: 29.32g (45.11%), Saturated Fat: 11.98g (74.88%), Carbohydrates: 49.99g (16.66%), Net Carbohydrates: 45.42g (16.52%), Sugar: 31.14g (34.6%), Cholesterol: 9.92mg (3.31%), Sodium: 205.62mg (8.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.48mg (5.16%), Protein: 8.46g (16.92%), Manganese: 0.77mg (38.64%), Vitamin B3: 4.06mg (20.3%), Magnesium: 78.97mg (19.74%), Copper: 0.38mg (19.12%), Fiber: 4.57g (18.28%), Phosphorus: 155.77mg (15.58%), Iron: 2.58mg (14.36%), Vitamin E: 1.37mg (9.11%), Potassium: 300.09mg (8.57%), Zinc: 1.13mg (7.57%), Folate: 29.87µg (7.47%), Vitamin B6: 0.1mg (5.25%), Selenium:

3.63µg (5.18%), Vitamin B1: 0.07mg (4.83%), Vitamin B5: 0.42mg (4.21%), Calcium: 41.77mg (4.18%), Vitamin B2:
0.07mg (3.9%), Vitamin A: 107.53IU (2.15%), Vitamin K: 1.64µg (1.56%)