



Chewy-Chocolate Cereal Bars

READY IN



45 min.

SERVINGS



24

CALORIES



264 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 15 ounce oat cereal o-shaped toasted (13 cups)
- ☐ 10.5 ounce marshmallows miniature
- ☐ 14 ounce creamy chocolate condensed milk sweetened canned
- ☐ 10 ounce peanut butter morsels
- ☐ 1 cup roasted peanuts chopped

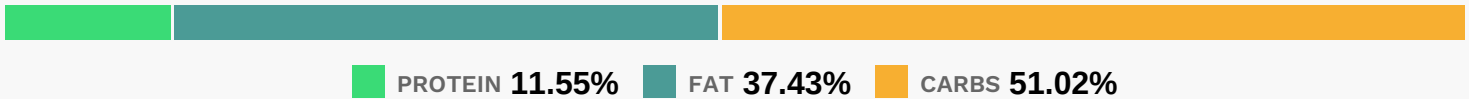
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Cook first 3 ingredients in a Dutch oven over medium heat, stirring constantly, 7 minutes or until melted and smooth. Stir in cereal and peanuts.
- ☐ Press into a lightly greased 15- x 10-inch jellyroll pan or two 9-inch square pans.
- ☐ Cool 3 hours or until firm.
- ☐ Cut into bars.

Nutrition Facts



Properties

Glycemic Index:5.65, Glycemic Load:11.87, Inflammation Score:-7, Nutrition Score:15.120869376089%

Nutrients (% of daily need)

Calories: 264.18kcal (13.21%), Fat: 11.65g (17.93%), Saturated Fat: 2.85g (17.82%), Carbohydrates: 35.75g (11.92%), Net Carbohydrates: 32.83g (11.94%), Sugar: 18.18g (20.2%), Cholesterol: 5.62mg (1.87%), Sodium: 196mg (8.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.09g (16.18%), Manganese: 0.95mg (47.34%), Folate: 146.28µg (36.57%), Iron: 5.52mg (30.69%), Vitamin B3: 5.7mg (28.48%), Vitamin B12: 1.27µg (21.21%), Zinc: 2.96mg (19.71%), Vitamin B6: 0.39mg (19.7%), Vitamin B1: 0.28mg (18.73%), Phosphorus: 169.67mg (16.97%), Magnesium: 54.93mg (13.73%), Vitamin A: 628.69IU (12.57%), Calcium: 122.46mg (12.25%), Fiber: 2.91g (11.64%), Selenium: 8.01µg (11.44%), Copper: 0.17mg (8.65%), Potassium: 287.96mg (8.23%), Vitamin E: 1.18mg (7.83%), Vitamin B2: 0.11mg (6.73%), Vitamin B5: 0.52mg (5.25%), Vitamin C: 4.22mg (5.12%), Vitamin D: 0.67µg (4.47%)