



Chewy Chocolate Peanut Bars

 Gluten Free  Dairy Free

READY IN



1000 min.

SERVINGS



48

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup plus
- 0.8 cup peanut butter
- 2.3 cups quick-cooking oats
- 1.5 cups semi chocolate chips
- 1.8 cups peanuts unsalted
- 1 teaspoon vanilla extract

Equipment

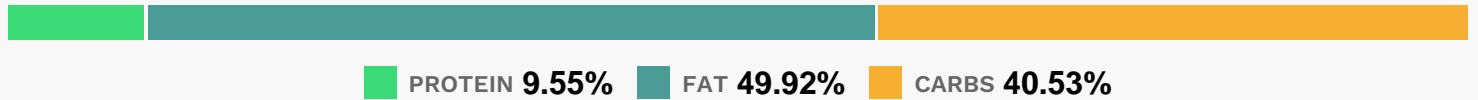
- frying pan

- baking sheet
- sauce pan

Directions

- In a medium saucepan over medium heat, combine the corn syrup, peanut butter and chocolate chips. Bring to a boil, stirring constantly. Continue to boil for 5 minutes.
- Remove from heat and stir in the vanilla, oats and peanuts. Turn onto a well greased 10x15 inch jellyroll pan or any cookie sheet with 1 inch sides. When cool enough to touch, grease your hands and pat the mixture down flat in the pan.
- Refrigerate overnight.
- Let stand for 20 minutes before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:2.04, Glycemic Load:2.59, Inflammation Score:-2, Nutrition Score:3.7404347701889%

Nutrients (% of daily need)

Calories: 122.33kcal (6.12%), Fat: 7.14g (10.98%), Saturated Fat: 2.1g (13.12%), Carbohydrates: 13.04g (4.35%), Net Carbohydrates: 11.59g (4.22%), Sugar: 8.27g (9.19%), Cholesterol: 0.34mg (0.11%), Sodium: 22.7mg (0.99%), Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Caffeine: 4.84mg (1.61%), Protein: 3.07g (6.14%), Manganese: 0.41mg (20.41%), Magnesium: 36.53mg (9.13%), Vitamin B3: 1.38mg (6.91%), Phosphorus: 65.03mg (6.5%), Copper: 0.12mg (6.2%), Fiber: 1.45g (5.79%), Vitamin E: 0.69mg (4.6%), Iron: 0.69mg (3.81%), Zinc: 0.55mg (3.68%), Selenium: 2.47µg (3.54%), Potassium: 102.18mg (2.92%), Vitamin B1: 0.04mg (2.68%), Folate: 9.85µg (2.46%), Vitamin B6: 0.05mg (2.42%), Vitamin B5: 0.16mg (1.61%), Vitamin B2: 0.03mg (1.5%), Calcium: 11.27mg (1.13%)