



Chocolate-Covered Peanut Crisp Triangles

READY IN



60 min.

SERVINGS



16

CALORIES



224 kcal

DESSERT

Ingredients

- 0.3 cup firmly brown sugar packed
- 2 Tbsp butter
- 3 Tbsp plus light
- 0.3 cup crunchy peanut butter
- 2 Tbsp crunchy peanut butter
- 2 cups honey-flavored multi-grain cereal flakes with oat clusters
- 0.3 cup planters cocktail peanuts chopped
- 5 squares baker's semi-sweet chocolate chopped

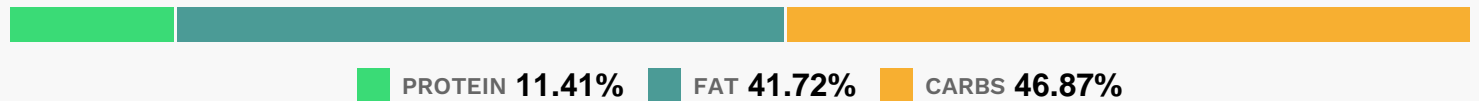
Equipment

- bowl
- frying pan
- aluminum foil
- microwave

Directions

- Line 13x9-inch pan with foil; spray with cooking spray. Set aside. Microwave brown sugar, corn syrup, 2 Tbsp. peanut butter and butter in large microwaveable bowl on HIGH 2 min. or just until peanut butter and butter are melted and mixture is well blended, stirring after each minute.
- Add cereal; mix well. Press firmly into prepared pan.
- Microwave chocolate and 1/3 cup peanut butter in microwaveable bowl on HIGH 1 to 2 min. or until chocolate is completely melted when stirred, stirring after each minute.
- Spread over cereal layer in pan; sprinkle with peanuts.
- Refrigerate 1 hour or until firm.
- Cut into 16 bars; cut each bar diagonally in half to make two triangles. Store in airtight container in refrigerator up to 4 days.

Nutrition Facts



Properties

Glycemic Index:9.56, Glycemic Load:8.27, Inflammation Score:-3, Nutrition Score:8.2739129818004%

Nutrients (% of daily need)

Calories: 224.04kcal (11.2%), Fat: 10.66g (16.41%), Saturated Fat: 3.79g (23.7%), Carbohydrates: 26.95g (8.98%), Net Carbohydrates: 23.67g (8.61%), Sugar: 12.75g (14.17%), Cholesterol: 4.34mg (1.45%), Sodium: 185.55mg (8.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.53mg (2.51%), Protein: 6.56g (13.13%), Manganese: 0.94mg (47.16%), Vitamin B3: 2.76mg (13.81%), Magnesium: 54.75mg (13.69%), Selenium: 9.24µg (13.19%), Fiber: 3.28g (13.12%), Copper: 0.24mg (12.07%), Phosphorus: 118.43mg (11.84%), Vitamin B1: 0.14mg (9.61%), Iron: 1.57mg (8.74%), Zinc: 1.03mg (6.85%), Calcium: 64.13mg (6.41%), Folate: 24.78µg (6.19%), Potassium: 202.03mg (5.77%), Vitamin B6:

0.11mg (5.38%), Vitamin E: 0.72mg (4.78%), Vitamin B2: 0.07mg (3.84%), Vitamin B5: 0.36mg (3.6%), Vitamin K:
3.1µg (2.95%)