



Chocolate Crunch Squares

 Dairy Free

READY IN



24 min.

SERVINGS



16

CALORIES



275 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp butter
- 3 cups marshmallows jet-puffed miniature ()
- 4 cups honey-flavored multi-grain cereal flakes with oat clusters
- 0.5 cup peanut butter divided
- 4 squares baker's semi-sweet chocolate

Equipment

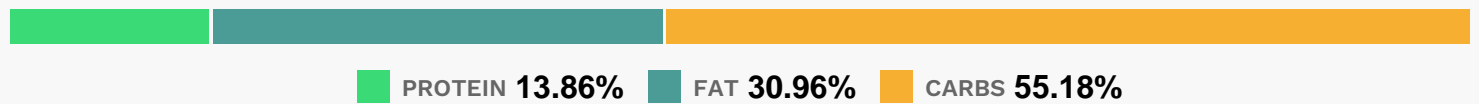
- bowl
- frying pan

microwave

Directions

- Grease 8-inch square pan lightly. Microwave butter and marshmallows in large microwaveable bowl on HIGH 30 sec.; stir. Microwave 30 sec. or until marshmallows are melted when stirred.
- Reserve 2 Tbsp. peanut butter for frosting; set aside. Stir remaining peanut butter into marshmallow mixture. Immediately add cereal; toss until well coated. Press mixture into prepared pan.
- Microwave chocolate and reserved 2 Tbsp. peanut butter in microwaveable bowl 1 to 1-1/2 min., stirring after 30 sec. Stir until chocolate is completely melted and mixture is smooth.
- Pour over cereal mixture; spread to cover. Refrigerate 15 min. until frosting is set.
- Cut into 16 squares.

Nutrition Facts



Properties

Glycemic Index:9.01, Glycemic Load:20.1, Inflammation Score:-4, Nutrition Score:12.116956678422%

Nutrients (% of daily need)

Calories: 275kcal (13.75%), Fat: 9.62g (14.81%), Saturated Fat: 2.94g (18.38%), Carbohydrates: 38.59g (12.86%), Net Carbohydrates: 34.08g (12.39%), Sugar: 11.42g (12.69%), Cholesterol: 0.42mg (0.14%), Sodium: 317.2mg (13.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.02mg (2.01%), Protein: 9.69g (19.39%), Manganese: 1.47mg (73.72%), Selenium: 16.34µg (23.34%), Vitamin B3: 3.76mg (18.79%), Fiber: 4.51g (18.02%), Magnesium: 71.7mg (17.93%), Phosphorus: 171.87mg (17.19%), Vitamin B1: 0.24mg (16.32%), Copper: 0.26mg (13.2%), Iron: 2.12mg (11.76%), Calcium: 105.24mg (10.52%), Zinc: 1.43mg (9.57%), Vitamin B6: 0.17mg (8.31%), Folate: 31.88µg (7.97%), Vitamin E: 1.12mg (7.48%), Vitamin B2: 0.12mg (6.91%), Potassium: 233.87mg (6.68%), Vitamin B5: 0.51mg (5.13%), Vitamin K: 5.14µg (4.9%)