



Chocolate-Dipped Crispy Bars

READY IN



45 min.

SERVINGS



24

CALORIES



272 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups candy wafers white melted chocolate-flavored
- ☐ 12 oz candy wafers dark melted cocoa-flavored
- ☐ 1 cup plus
- ☐ 1 cup creamy peanut butter
- ☐ 6 cups rice cereal crispy
- ☐ 1 cup semi-sweet chocolate chips melted
- ☐ 1 cup sugar

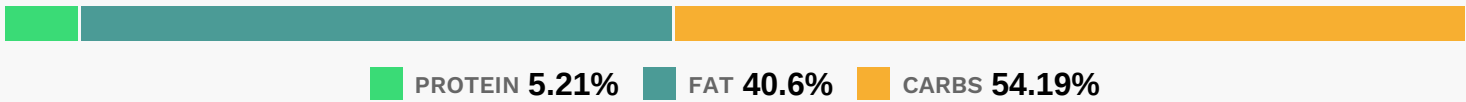
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ baking pan
- ☐ wax paper

Directions

- ☐ Place cereal in a large bowl; set aside.
- ☐ In a heavy medium saucepan, combine sugar and corn syrup over medium-high heat; stir frequently until mixture boils. Allow to boil 30 seconds without stirring.
- ☐ Remove from heat and stir in peanut butter.
- ☐ Pour peanut butter mixture over cereal; stir until well blended. Press mixture into a 13"x9" baking pan; cool.
- ☐ Cut into 4"x1" bars.
- ☐ Combine next 2 ingredients. Dip half of each bar into dark chocolate mixture; place on wax paper until chocolate hardens.
- ☐ Drizzle white chocolate over dark chocolate and return to wax paper to harden.

Nutrition Facts



Properties

Glycemic Index:7.21, Glycemic Load:11.56, Inflammation Score:-2, Nutrition Score:4.0691304224665%

Nutrients (% of daily need)

Calories: 272.21kcal (13.61%), Fat: 12.73g (19.59%), Saturated Fat: 5.87g (36.67%), Carbohydrates: 38.24g (12.75%), Net Carbohydrates: 37.06g (13.48%), Sugar: 31.73g (35.25%), Cholesterol: 2.17mg (0.72%), Sodium: 69.78mg (3.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.27mg (2.09%), Protein: 3.68g (7.35%), Manganese: 0.26mg (12.76%), Vitamin B3: 1.72mg (8.58%), Magnesium: 33.53mg (8.38%), Copper: 0.15mg (7.64%), Phosphorus: 75.43mg (7.54%), Vitamin E: 1.11mg (7.37%), Fiber: 1.18g (4.72%), Iron: 0.8mg (4.47%), Zinc: 0.64mg (4.28%), Folate: 17.01µg (4.25%), Potassium: 131.29mg (3.75%), Vitamin B2: 0.06mg (3.61%), Vitamin B1: 0.05mg (3.42%), Selenium: 2.06µg (2.95%), Calcium: 28.56mg (2.86%), Vitamin B6: 0.05mg (2.74%), Vitamin B5: 0.19mg (1.86%), Vitamin K: 1.31µg (1.25%)