



Chocolate Peanut Butter Cereal Bars

 Gluten Free

READY IN



30 min.

SERVINGS



24

CALORIES



381 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 5 cups chocolate chocolate cheerios®
- ☐ 1 cup plus
- ☐ 1 cup creamy peanut butter
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup milk chocolate chips
- ☐ 0.8 cup raisins
- ☐ 0.8 cup roasted peanuts salted

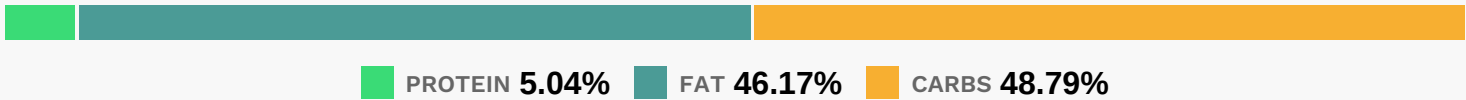
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ microwave

Directions

- ☐ Spray 13x9-inch pan with cooking spray. In large bowl, combine cereal, raisins and peanuts; set aside.
- ☐ In 2-quart saucepan, place corn syrup and sugars.
- ☐ Heat to boiling over medium heat, stirring constantly; remove from heat. Stir in peanut butter.
- ☐ Pour peanut butter mixture over cereal mixture; mix until thoroughly coated.
- ☐ Spread evenly in pan.
- ☐ In small microwavable bowl, microwave chocolate chips on High 1 minute, stirring every 15 seconds, until melted and smooth.
- ☐ Drizzle over bars. Refrigerate 15 minutes or until chocolate is set.

Nutrition Facts



Properties

Glycemic Index:8.52, Glycemic Load:15.68, Inflammation Score:-3, Nutrition Score:6.5052173992862%

Nutrients (% of daily need)

Calories: 381.27kcal (19.06%), Fat: 21.34g (32.83%), Saturated Fat: 9.43g (58.93%), Carbohydrates: 50.74g (16.91%), Net Carbohydrates: 47.5g (17.27%), Sugar: 41.56g (46.17%), Cholesterol: 0mg (0%), Sodium: 83.11mg (3.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 24.06mg (8.02%), Protein: 5.24g (10.48%), Manganese: 0.46mg (23.02%), Magnesium: 68.94mg (17.24%), Copper: 0.3mg (15.04%), Fiber: 3.24g (12.94%), Vitamin B3: 2.41mg (12.05%), Phosphorus: 111.27mg (11.13%), Iron: 1.45mg (8.05%), Potassium: 256.18mg (7.32%), Vitamin E: 1.07mg (7.16%), Vitamin B2: 0.12mg (7.11%), Zinc: 0.98mg (6.56%), Vitamin B6: 0.09mg (4.27%), Folate: 16.27µg (4.07%), Vitamin B1: 0.05mg (3.34%), Selenium: 2.01µg (2.87%), Calcium: 28.22mg (2.82%), Vitamin K: 2.33µg

(2.22%), Vitamin B5: 0.21mg (2.11%)