



Chocolate Peanut Butter Cheerios® Bars

READY IN



75 min.

SERVINGS



10

CALORIES



689 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup butter
- 11.5 oz milk chocolate chips (2 cups)
- 1 cup peanut butter
- 10.5 oz marshmallows miniature ()
- 4 cups corn flakes/bran flakes
- 0.8 cup whipping cream
- 7 oz chocolate icing white

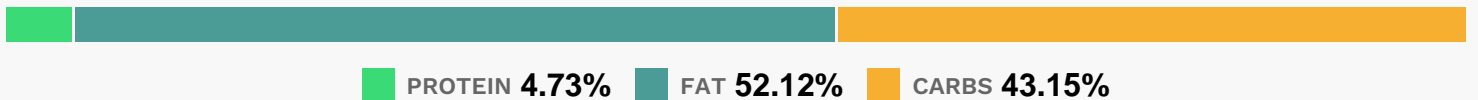
Equipment

- frying pan
- baking sheet
- sauce pan
- baking paper
- cookie cutter

Directions

- In large saucepan, melt butter over medium heat.
- Add 1 cup of the chocolate chips and the peanut butter; cook and stir until chocolate is melted and mixture is smooth.
- Add marshmallows; cook and stir until melted.
- Remove from heat; stir in cereal.
- Press mixture in ungreased 13x9-inch pan. Cool 30 minutes to 1 hour.
- Meanwhile, in small saucepan, heat whipping cream and remaining 1 cup chocolate chips over low heat until chocolate is melted and mixture is smooth. Refrigerate about 30 minutes until ganache is cooled and thickened.
- Line cookie sheet with waxed paper or cooking parchment paper.
- Cut bars with 2- to 3-inch football-shaped cookie cutter. Dip tops of bars in ganache.
- Place on cookie sheet; let stand until set.
- With cookie icing, pipe laces on each football.
- Let stand until set.

Nutrition Facts



Properties

Glycemic Index:23.98, Glycemic Load:28.24, Inflammation Score:-8, Nutrition Score:16.265217506367%

Nutrients (% of daily need)

Calories: 689.2kcal (34.46%), Fat: 41.76g (64.24%), Saturated Fat: 19.04g (118.99%), Carbohydrates: 77.78g (25.93%), Net Carbohydrates: 73.59g (26.76%), Sugar: 54.51g (60.57%), Cholesterol: 44.57mg (14.86%), Sodium:

335.21mg (14.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.53g (17.06%), Manganese: 0.95mg (47.58%), Folate: 131.85µg (32.96%), Vitamin B3: 6.19mg (30.93%), Iron: 5.05mg (28.04%), Vitamin B2: 0.37mg (21.82%), Vitamin E: 3.2mg (21.36%), Magnesium: 82.51mg (20.63%), Vitamin B6: 0.39mg (19.7%), Vitamin A: 946.03IU (18.92%), Phosphorus: 178.33mg (17.83%), Fiber: 4.2g (16.78%), Vitamin B1: 0.25mg (16.67%), Selenium: 10.63µg (15.19%), Vitamin B12: 0.85µg (14.13%), Copper: 0.22mg (10.96%), Zinc: 1.53mg (10.23%), Potassium: 351.86mg (10.05%), Calcium: 58.96mg (5.9%), Vitamin D: 0.81µg (5.42%), Vitamin B5: 0.48mg (4.83%), Vitamin K: 4.25µg (4.04%)