



## Chocolate Peanut Butter Chews

 Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



313 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 3 cups rice cereal crispy
- 0.8 cup honey
- 10 large marshmallows
- 1 tablespoon blackstrap molasses
- 1 cup peanut butter
- 1 cup peanuts salted
- 1 cup semi chocolate chips

### Equipment

sauce pan

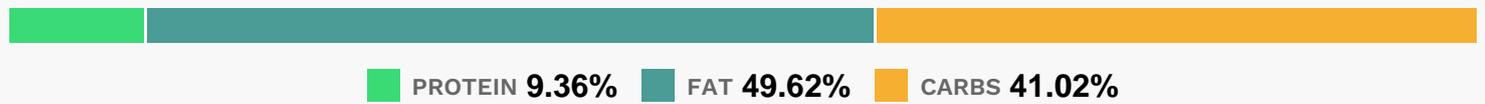
baking pan

## Directions

In a large saucepan over medium heat, combine the honey, molasses and peanut butter. Bring to a boil, then remove from heat and stir in the chocolate chips and marshmallows until melted.

Mix in the rice cereal and peanuts. Pat firmly into a greased 9x9 inch baking dish. Cool and cut into bars.

## Nutrition Facts



## Properties

Glycemic Index:11.38, Glycemic Load:10.44, Inflammation Score:-4, Nutrition Score:7.8930435064046%

## Nutrients (% of daily need)

Calories: 313.05kcal (15.65%), Fat: 18.2g (28.01%), Saturated Fat: 5.13g (32.07%), Carbohydrates: 33.86g (11.29%), Net Carbohydrates: 31.12g (11.32%), Sugar: 23.81g (26.46%), Cholesterol: 0.72mg (0.24%), Sodium: 122.22mg (5.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.32mg (3.44%), Protein: 7.73g (15.45%), Manganese: 0.67mg (33.74%), Vitamin B3: 4.01mg (20.05%), Magnesium: 71.32mg (17.83%), Copper: 0.31mg (15.62%), Phosphorus: 133.05mg (13.3%), Fiber: 2.74g (10.97%), Vitamin E: 1.64mg (10.94%), Iron: 1.53mg (8.5%), Folate: 33.19µg (8.3%), Potassium: 273.42mg (7.81%), Zinc: 1.03mg (6.89%), Vitamin B6: 0.12mg (5.93%), Vitamin B1: 0.08mg (5.03%), Selenium: 3.29µg (4.7%), Vitamin B5: 0.38mg (3.76%), Vitamin B2: 0.06mg (3.73%), Calcium: 29.83mg (2.98%)