



Chow Mein Noodle Bars

READY IN



40 min.

SERVINGS



15

CALORIES



565 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 4 cups chow mein noodles
- ☐ 1 cup creamy peanut butter
- ☐ 1 cup flour all-purpose
- ☐ 0.5 tablespoon cup heavy whipping cream light
- ☐ 0.5 cup butter
- ☐ 5 cups marshmallows miniature
- ☐ 1 cup semi chocolate chips

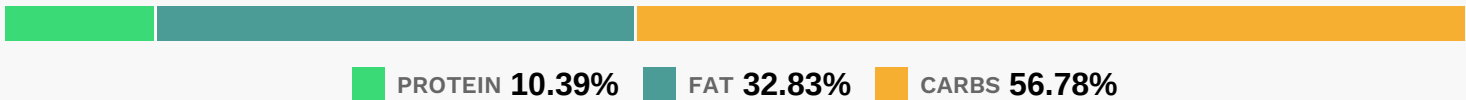
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Preheat the oven to 325 degrees F (165 degrees C). Grease a 9x13 inch baking pan.
- ☐ In a medium bowl, cream together the margarine and 1/2 cup brown sugar. Stir in the flour; the mixture should be crumbly.
- ☐ Sprinkle over the bottom of the prepared pan and pack down to cover.
- ☐ Bake for 15 to 20 minutes in the preheated oven, until lightly toasted.
- ☐ Remove from the oven and immediately sprinkle with chocolate chips. When the chips have softened enough, spread them over the crust.
- ☐ In a heat-proof bowl over simmering water, or in the microwave, combine the marshmallows, peanut butter, brown sugar and light cream. Cook, stirring occasionally until melted and smooth.
- ☐ Remove from heat and stir in the chow mein noodles.
- ☐ Spread on top of the chocolate layer of the crust.
- ☐ Let cool before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:9.97, Glycemic Load:13.21, Inflammation Score:-4, Nutrition Score:7.9091304997387%

Nutrients (% of daily need)

Calories: 564.55kcal (28.23%), Fat: 20.88g (32.12%), Saturated Fat: 5.76g (36.02%), Carbohydrates: 81.25g (27.08%), Net Carbohydrates: 75.84g (27.58%), Sugar: 24.08g (26.75%), Cholesterol: 1.27mg (0.43%), Sodium: 556.38mg (24.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10.32mg (3.44%), Protein: 14.87g (29.74%), Manganese: 0.47mg (23.7%), Fiber: 5.41g (21.64%), Iron: 3.56mg (19.77%), Vitamin B3: 2.9mg (14.52%), Magnesium: 53.28mg (13.32%), Copper: 0.25mg (12.68%), Vitamin E: 1.88mg (12.54%), Phosphorus: 102.18mg (10.22%), Folate: 30.38µg (7.59%), Selenium: 4.91µg (7.02%), Vitamin B1: 0.09mg (6.27%), Vitamin A: 281.72IU (5.63%), Zinc: 0.82mg (5.49%), Potassium: 188.21mg (5.38%), Vitamin B2: 0.08mg (4.91%), Vitamin B6: 0.09mg (4.42%), Vitamin B5: 0.27mg (2.73%), Calcium: 26.32mg (2.63%)