



Crisp Peanut Butter Chews



Vegetarian



Vegan



Dairy Free

READY IN



55 min.

SERVINGS



72

CALORIES



90 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1.5 cups plus light
- ☐ 1 cup creamy peanut butter
- ☐ 1 pouch peanut butter sandwich cookie crumbs (1 lb 1.5 oz)
- ☐ 7 cups rice cereal crisp
- ☐ 1 cup roasted peanuts salted

Equipment

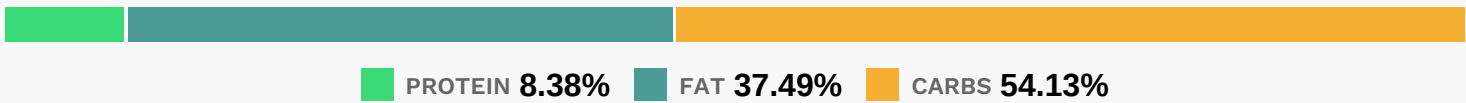
- ☐ baking sheet
- ☐ wooden spoon

- ☐ aluminum foil
- ☐ spatula
- ☐ dutch oven
- ☐ candy thermometer

Directions

- ☐ Line 2 large cookie sheets with waxed paper or foil.
- ☐ In 5-quart heavy Dutch oven, heat corn syrup to boiling over medium heat, stirring occasionally. Stir in peanut butter until melted. Stir in cookie mix until well blended. Cook 2 minutes, stirring constantly. (Candy thermometer should read 160°F.)
- ☐ Immediately remove from heat. With wooden spoon or rubber spatula, gently fold in cereal and peanuts until well coated.
- ☐ Drop by rounded tablespoonfuls onto cookie sheets. Flatten each cookie slightly with fingertips. Cool completely, about 30 minutes. Store covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:0.46, Glycemic Load:1.12, Inflammation Score:-1, Nutrition Score:1.3669565246319%

Nutrients (% of daily need)

Calories: 89.71kcal (4.49%), Fat: 3.96g (6.1%), Saturated Fat: 0.77g (4.79%), Carbohydrates: 12.88g (4.29%), Net Carbohydrates: 12.25g (4.46%), Sugar: 8.54g (9.49%), Cholesterol: 0mg (0%), Sodium: 85.23mg (3.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.99%), Manganese: 0.1mg (5.01%), Vitamin B3: 0.84mg (4.22%), Magnesium: 10.08mg (2.52%), Fiber: 0.62g (2.5%), Phosphorus: 22.14mg (2.21%), Vitamin E: 0.33mg (2.19%), Folate: 8.43µg (2.11%), Copper: 0.03mg (1.64%), Vitamin B1: 0.02mg (1.57%), Iron: 0.25mg (1.38%), Zinc: 0.18mg (1.22%), Potassium: 38.12mg (1.09%), Vitamin B6: 0.02mg (1.06%)