



Crispy Avalanche Cereal Bars

READY IN



75 min.

SERVINGS



15

CALORIES



235 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 12 oz baker's chocolate white
- 0.5 cup candy-coated chocolate pieces
- 0.3 cup creamy peanut butter
- 3 cups kelloggâ€™sâ€™ rice krispiesâ€™ cereal
- 3 cups marshmallows jet-puffed miniature

Equipment

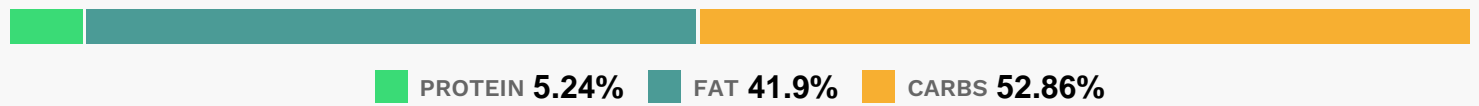
- bowl
- frying pan

microwave

Directions

- Microwave chocolate and peanut butter in large microwaveable bowl on HIGH 2 min. or until chocolate is completely melted and mixture is well blended, stirring after each minute. Stir in cereal; cool 5 min.
- Add remaining ingredients; mix well. Press onto bottom of 13x9-inch pan sprayed with cooking spray.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:14.38, Inflammation Score:-2, Nutrition Score:5.3517391578011%

Nutrients (% of daily need)

Calories: 234.77kcal (11.74%), Fat: 11.22g (17.26%), Saturated Fat: 5.87g (36.69%), Carbohydrates: 31.85g (10.62%), Net Carbohydrates: 31.3g (11.38%), Sugar: 24.36g (27.07%), Cholesterol: 5.8mg (1.93%), Sodium: 95.26mg (4.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.31%), Manganese: 0.26mg (12.95%), Folate: 45.4µg (11.35%), Iron: 2.04mg (11.31%), Vitamin B2: 0.16mg (9.33%), Vitamin B3: 1.75mg (8.74%), Calcium: 75.56mg (7.56%), Vitamin B12: 0.43µg (7.15%), Zinc: 1.03mg (6.88%), Vitamin B6: 0.13mg (6.6%), Vitamin B1: 0.1mg (6.36%), Phosphorus: 63.29mg (6.33%), Vitamin E: 0.63mg (4.19%), Selenium: 2.43µg (3.46%), Magnesium: 11.81mg (2.95%), Potassium: 99.77mg (2.85%), Copper: 0.06mg (2.77%), Vitamin B5: 0.26mg (2.63%), Vitamin A: 122.34IU (2.45%), Fiber: 0.56g (2.23%), Vitamin K: 2.13µg (2.03%), Vitamin C: 1.35mg (1.64%), Vitamin D: 0.2µg (1.33%)