



Crispy Peanut Butter-Chocolate Treats

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



457 kcal

DESSERT

Ingredients

- ☐ 1.5 cups plus light
- ☐ 6 cups rice cereal crisp
- ☐ 1.5 cups chunky peanut butter
- ☐ 12 ounce semisweet chocolate morsels
- ☐ 1.5 cups sugar

Equipment

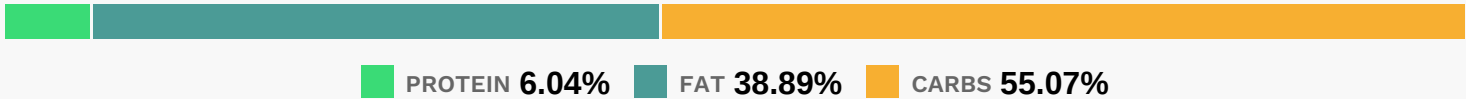
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ plastic wrap

Directions

- ☐ Cook first 3 ingredients in a large saucepan over medium-low heat, stirring constantly, until blended and mixture begins to bubble.
- ☐ Remove from heat.
- ☐ Combine 6 cups cereal and chocolate morsels in a large bowl. Stir in hot peanut butter mixture until combined.
- ☐ Spread mixture into a plastic wrap-lined 13- x 9-inch pan. Cool completely; cut into squares.

Nutrition Facts



Properties

Glycemic Index:6.44, Glycemic Load:18.35, Inflammation Score:-4, Nutrition Score:8.5930434549632%

Nutrients (% of daily need)

Calories: 456.98kcal (22.85%), Fat: 20.69g (31.83%), Saturated Fat: 7.15g (44.69%), Carbohydrates: 65.91g (21.97%), Net Carbohydrates: 62.95g (22.89%), Sugar: 53.61g (59.57%), Cholesterol: 1.28mg (0.43%), Sodium: 126.25mg (5.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 18.29mg (6.1%), Protein: 7.23g (14.47%), Manganese: 0.64mg (31.85%), Magnesium: 80.72mg (20.18%), Copper: 0.38mg (19.25%), Vitamin B3: 3.64mg (18.21%), Vitamin E: 2.34mg (15.57%), Phosphorus: 145.54mg (14.55%), Fiber: 2.96g (11.84%), Iron: 1.97mg (10.95%), Zinc: 1.4mg (9.32%), Folate: 31.58µg (7.9%), Potassium: 265.79mg (7.59%), Vitamin B1: 0.09mg (5.99%), Vitamin B6: 0.11mg (5.73%), Selenium: 3.85µg (5.5%), Vitamin B2: 0.08mg (4.63%), Vitamin B5: 0.32mg (3.2%), Calcium: 30.01mg (3%), Vitamin K: 1.61µg (1.53%)