



Crunchy Chocolate Bars



Dairy Free

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READY IN

ready

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45 min.

SERVINGS

servings

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12

CALORIES

calories

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288 kcal

SIDE DISH

Ingredients



3 cups oat cereal toasted



0.8 cup crunchy peanut butter



2 cups semi chocolate chips

Equipment



double boiler

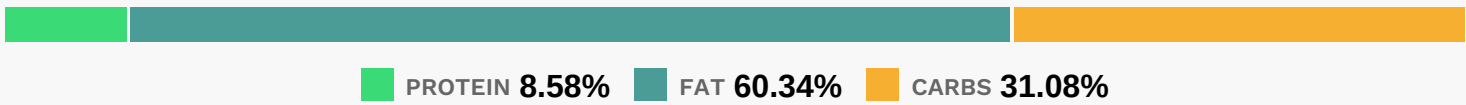


baking pan

Directions

- ☐ Grease an 8 inch square baking pan.
- ☐ In the top of a double boiler, melt the chocolate chips with the peanut butter, stirring until smooth.
- ☐ Remove from the heat and gradually blend in the cereal.
- ☐ Spread the mixture evenly in the prepared baking pan. Refrigerate until thoroughly chilled, then cut into large or small bars.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:10.855652119802%

Nutrients (% of daily need)

Calories: 288.21kcal (14.41%), Fat: 19.89g (30.6%), Saturated Fat: 7.92g (49.5%), Carbohydrates: 23.05g (7.68%), Net Carbohydrates: 18.83g (6.85%), Sugar: 12.61g (14.01%), Cholesterol: 1.8mg (0.6%), Sodium: 107.46mg (4.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 25.8mg (8.6%), Protein: 6.37g (12.73%), Manganese: 0.87mg (43.7%), Copper: 0.49mg (24.4%), Magnesium: 84.58mg (21.15%), Iron: 3.72mg (20.66%), Vitamin B3: 3.4mg (17%), Fiber: 4.22g (16.88%), Phosphorus: 148.18mg (14.82%), Folate: 52.32µg (13.08%), Zinc: 1.95mg (12.99%), Potassium: 323.46mg (9.24%), Vitamin B6: 0.17mg (8.58%), Vitamin E: 1.21mg (8.1%), Selenium: 5.15µg (7.36%), Vitamin B12: 0.41µg (6.82%), Vitamin B1: 0.09mg (6.33%), Calcium: 44.6mg (4.46%), Vitamin A: 188.2IU (3.76%), Vitamin B5: 0.33mg (3.27%), Vitamin K: 2.35µg (2.23%), Vitamin B2: 0.04mg (2.23%), Vitamin C: 1.12mg (1.36%), Vitamin D: 0.19µg (1.26%)