



## Crunchy Peanut Bark

 Dairy Free

READY IN



20 min.

SERVINGS



100

CALORIES



90 kcal

### Ingredients

- 2 pounds candy coating disks white coarsely chopped
- 1 cup peanut butter
- 3 cups rice cereal crisp
- 2 cups chop roasted peanuts dry
- 2 cups marshmallows miniature

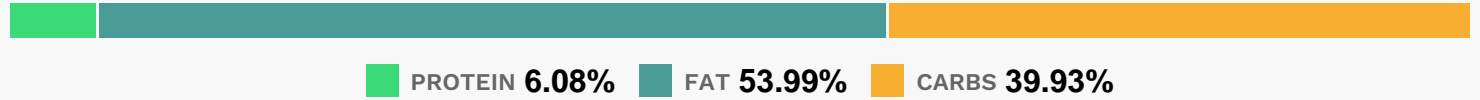
### Equipment

- microwave

## Directions

- In a microwave, heat candy coating at 70% power for 1 minute; stir. Microwave at additional 10- to 20-second intervals, stirring until smooth. Stir in remaining ingredients. Drop by heaping tablespoonfuls onto waxed paper.
- Let stand until set.

## Nutrition Facts



## Properties

Glycemic Index:0.75, Glycemic Load:0.55, Inflammation Score:-1, Nutrition Score:1.1917391242054%

## Nutrients (% of daily need)

Calories: 90.14kcal (4.51%), Fat: 5.41g (8.32%), Saturated Fat: 3.09g (19.29%), Carbohydrates: 9g (3%), Net Carbohydrates: 8.61g (3.13%), Sugar: 7.47g (8.3%), Cholesterol: 0mg (0%), Sodium: 26.83mg (1.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Manganese: 0.1mg (5.02%), Vitamin B3: 0.8mg (3.98%), Vitamin E: 0.38mg (2.56%), Magnesium: 9.89mg (2.47%), Phosphorus: 20.38mg (2.04%), Fiber: 0.38g (1.54%), Folate: 6µg (1.5%), Copper: 0.03mg (1.3%), Vitamin B6: 0.03mg (1.27%), Zinc: 0.16mg (1.03%)