



Crunchy Peanut Butter Cereal Bars

READY IN



30 min.

SERVINGS



9

CALORIES



1096 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 5.5 cups captain crunch peanut butter cereal
- 5 tablespoons creamy peanut butter
- 10 ounce marshmallows (47 large)
- 1 cup roasted peanuts
- 1 pinch salt
- 2 ounces butter unsalted

Equipment

- frying pan

sauce pan

Directions

Grease a 9- by 9-inch pan.

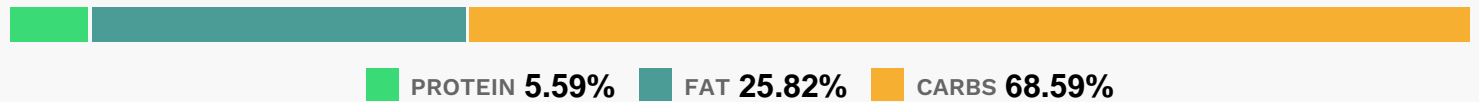
Heat butter in large saucepan (preferably non-stick) over medium-low heat until almost melted.

Add marshmallows and salt and heat, stirring, until marshmallows have melted.

Remove from heat and stir in peanut butter until combined. Stir in cereal and peanuts until combined. Immediately spread into pan and press to smooth top.

Let cool until set, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:8.28, Glycemic Load:15.69, Inflammation Score:-10, Nutrition Score:31.286956559057%

Nutrients (% of daily need)

Calories: 1095.55kcal (54.78%), Fat: 25.69g (39.53%), Saturated Fat: 10.73g (67.04%), Carbohydrates: 153.58g (51.19%), Net Carbohydrates: 146.33g (53.21%), Sugar: 83.33g (92.59%), Cholesterol: 13.54mg (4.51%), Sodium: 1209.55mg (52.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.51g (25.03%), Folate: 2170.54µg (542.63%), Vitamin B1: 2.47mg (164.93%), Zinc: 24.67mg (164.43%), Vitamin B3: 30.41mg (152.03%), Vitamin B6: 2.76mg (137.97%), Vitamin B2: 2.31mg (135.82%), Fiber: 7.25g (29.01%), Manganese: 0.52mg (25.76%), Potassium: 446.84mg (12.77%), Magnesium: 43.03mg (10.76%), Phosphorus: 96.95mg (9.69%), Copper: 0.18mg (8.81%), Vitamin E: 0.96mg (6.37%), Iron: 0.6mg (3.32%), Vitamin B5: 0.33mg (3.29%), Vitamin A: 157.43IU (3.15%), Selenium: 2.18µg (3.11%), Calcium: 23.04mg (2.3%)