



WHATSheATE



Double-Chocolate Chewy Crispy Bars

READY IN



45 min.

SERVINGS



20

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 2 tablespoons butter
- ☐ 6 cups rice cereal
- ☐ 10 ounce marshmallows
- ☐ 0.3 cup cocoa unsweetened

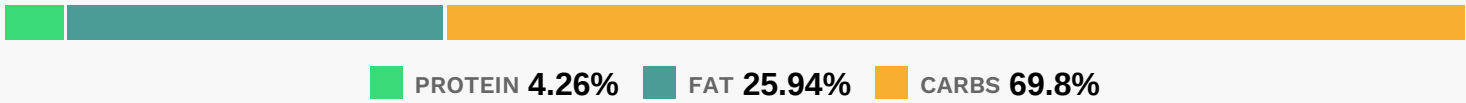
Equipment

- ☐ frying pan
- ☐ microwave

Directions

- ☐ Melt butter and marshmallows over medium-low heat. Stir cocoa into melted marshmallows; cook 3 minutes.
- ☐ Add cereal; toss well to combine. Press cereal mixture into a 13 x 9-inch pan coated with cooking spray.
- ☐ Heat bittersweet chocolate in microwave at HIGH 45 seconds or until melted, stirring every 15 seconds; drizzle over cereal mixture. Chill 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:5.53, Glycemic Load:6.96, Inflammation Score:-4, Nutrition Score:6.1147826417633%

Flavonoids

Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 120.77kcal (6.04%), Fat: 3.64g (5.59%), Saturated Fat: 2.1g (13.15%), Carbohydrates: 22.01g (7.34%), Net Carbohydrates: 20.99g (7.63%), Sugar: 10.91g (12.13%), Cholesterol: 3.35mg (1.12%), Sodium: 86.66mg (3.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.35mg (2.45%), Protein: 1.34g (2.69%), Manganese: 0.41mg (20.37%), Iron: 3.24mg (17.99%), Folate: 60.55µg (15.14%), Zinc: 1.36mg (9.04%), Vitamin B2: 0.14mg (7.98%), Vitamin B3: 1.58mg (7.91%), Vitamin B12: 0.47µg (7.76%), Vitamin B1: 0.12mg (7.7%), Vitamin B6: 0.15mg (7.68%), Copper: 0.15mg (7.32%), Magnesium: 18.08mg (4.52%), Fiber: 1.03g (4.11%), Vitamin A: 187.83IU (3.76%), Phosphorus: 36.09mg (3.61%), Calcium: 35.62mg (3.56%), Selenium: 2.47µg (3.53%), Vitamin C: 1.8mg (2.18%), Vitamin D: 0.3µg (2%), Potassium: 64.76mg (1.85%), Vitamin B5: 0.14mg (1.41%)