



## Double Chocolate Crumble Bars

READY IN



45 min.

SERVINGS



30

CALORIES



163 kcal

DESSERT

### Ingredients

- 0.3 teaspoon double-acting baking powder
- 0.5 cup butter
- 1.5 cups rice cereal crisp
- 2 eggs
- 0.8 cup flour all-purpose
- 2 cups marshmallows miniature
- 1 cup peanut butter
- 0.3 teaspoon salt
- 1 cup semi chocolate chips

- 2 tablespoons cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 0.8 cup sugar white

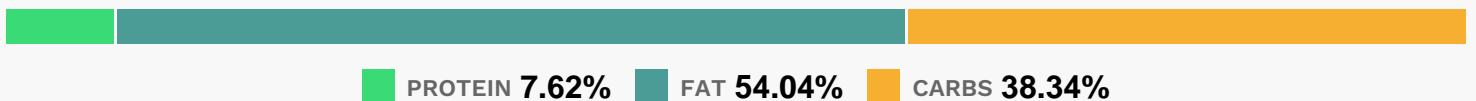
## Equipment

- bowl
- frying pan
- oven
- mixing bowl
- baking pan
- microwave

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking pan.
- In a small mixing bowl combine flour, cocoa, baking powder and salt.
- In a large bowl cream butter and sugar; beat in eggs and vanilla. Stir flour mixture into the creamed egg mixture.
- Spread batter into the greased 9x13 inch pan.
- Bake for 15 to 20 minutes.
- Sprinkle marshmallows over top of the baked bars; bake 3 minutes more. Cool.
- Place chocolate chips and peanut butter in a microwave safe bowl. Melt chocolate chips and peanut butter in a microwave on high until melted together. Cook one minute at a time, stirring after each minute.
- Stir cereal into the chocolate mixture.
- Spread the chocolate mixture over the cooled bars. Chill, cut into bars and refrigerate.

## Nutrition Facts



## Properties

Glycemic Index:12.05, Glycemic Load:7.07, Inflammation Score:-2, Nutrition Score:3.6660869510277%

## Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 163.36kcal (8.17%), Fat: 10.15g (15.61%), Saturated Fat: 4.26g (26.65%), Carbohydrates: 16.2g (5.4%), Net Carbohydrates: 15.08g (5.48%), Sugar: 10.06g (11.18%), Cholesterol: 19.41mg (6.47%), Sodium: 91.81mg (3.99%), Alcohol: 0.05g (100%), Alcohol %: 0.17% (100%), Caffeine: 5.93mg (1.98%), Protein: 3.22g (6.44%), Manganese: 0.24mg (12.07%), Vitamin B3: 1.43mg (7.13%), Magnesium: 28.24mg (7.06%), Copper: 0.14mg (6.81%), Vitamin E: 0.94mg (6.27%), Phosphorus: 59.4mg (5.94%), Iron: 0.81mg (4.51%), Fiber: 1.12g (4.47%), Selenium: 3.09µg (4.41%), Folate: 16.18µg (4.05%), Zinc: 0.48mg (3.17%), Vitamin B2: 0.05mg (3.17%), Vitamin B1: 0.04mg (2.94%), Potassium: 97.45mg (2.78%), Vitamin B6: 0.05mg (2.36%), Vitamin A: 113.39IU (2.27%), Vitamin B5: 0.17mg (1.73%), Calcium: 13.6mg (1.36%)