



Easy No-Bake Butterfinger® and Peanut Butter Pretzel Bars

READY IN



135 min.

SERVINGS



24

CALORIES



148 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 cup butter
- 37 pieces nestle® butterfinger® bites candy coarsely chopped
- 2 tablespoons creamy peanut butter
- 4 cups rice cereal squares toasted
- 4 cups marshmallows miniature
- 1.8 cups nestle® toll house® milk chocolate morsels divided
- 1 cup pretzel twists
- 0.3 teaspoon salt

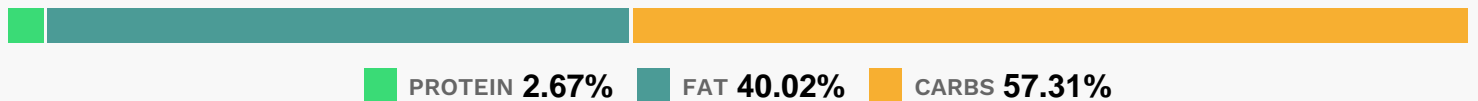
Equipment

- sauce pan
- baking pan
- aluminum foil
- spatula
- serrated knife

Directions

- Line 13 x 9-inch baking pan with foil leaving an overhang on two sides. Spray foil with nonstick cooking spray.
- Heat marshmallows, butter and salt in large, heavy-duty saucepan over medium-low heat, stirring frequently, for 5 to 10 minutes, until smooth.
- Remove from heat.
- Add 1 cup morsels and peanut butter; stir until melted.
- Working quickly, stir in cereal, chopped Butterfinger and pretzels. Stir in remaining 3/4 cup morsels.
- Spread mixture into prepared baking pan with greased spatula, pressing down lightly. Cool for 2 hours or until set. Lift from pan; remove foil.
- Cut into bars with serrated knife.

Nutrition Facts



Properties

Glycemic Index:8.65, Glycemic Load:5.26, Inflammation Score:-2, Nutrition Score:3.380869563507%

Nutrients (% of daily need)

Calories: 147.79kcal (7.39%), Fat: 6.79g (10.45%), Saturated Fat: 3.87g (24.22%), Carbohydrates: 21.89g (7.3%), Net Carbohydrates: 21.64g (7.87%), Sugar: 13.55g (15.05%), Cholesterol: 5.08mg (1.69%), Sodium: 113.72mg (4.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.04%), Manganese: 0.21mg (10.27%), Folate: 38.28µg (9.57%), Iron: 1.63mg (9.08%), Vitamin B3: 1.15mg (5.76%), Vitamin B1: 0.07mg (4.93%), Vitamin B2: 0.08mg

(4.84%), Zinc: 0.7mg (4.66%), Vitamin B6: 0.09mg (4.59%), Vitamin B12: 0.26µg (4.27%), Vitamin A: 142.43IU (2.85%), Calcium: 28.54mg (2.85%), Potassium: 61.81mg (1.77%), Selenium: 1.22µg (1.75%), Phosphorus: 16.18mg (1.62%), Copper: 0.03mg (1.56%), Vitamin E: 0.23mg (1.51%), Magnesium: 5.07mg (1.27%), Vitamin C: 1.04mg (1.26%), Vitamin D: 0.17µg (1.11%), Fiber: 0.25g (1.01%)