



Easy Salted Peanut Chews

 Dairy Free

READY IN



60 min.

SERVINGS



36

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pouch peanut butter sandwich cookie crumbs (1 lb 1.5 oz)
- 3 tablespoons vegetable oil
- 1 tablespoon water
- 1 eggs
- 3 cups marshmallows miniature
- 0.7 cup plus light
- 0.3 cup butter
- 2 teaspoons vanilla

- 10 oz peanut butter chips
- 2 cups rice cereal crisp
- 2 cups roasted peanuts salted

Equipment

- bowl
- frying pan
- sauce pan
- oven

Directions

- Heat oven to 350°F. Spray bottom of 13x9-inch pan with cooking spray.
- In large bowl, stir cookie mix, oil, water and egg until soft dough forms. Press dough in pan using floured fingers.
- Bake 12 to 15 minutes or until set. Immediately sprinkle marshmallows over crust; bake 1 to 2 minutes longer or until marshmallows begin to puff.
- In 4-quart saucepan, cook corn syrup, butter, vanilla and chips over low heat, stirring constantly, until chips are melted.
- Remove from heat; stir in cereal and nuts. Immediately spoon cereal mixture evenly over marshmallows. Refrigerate 30 minutes or until firm. For bars, cut into 9 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:2.21, Glycemic Load:2.97, Inflammation Score:-1, Nutrition Score:2.3047825635775%

Nutrients (% of daily need)

Calories: 164.84kcal (8.24%), Fat: 8.74g (13.45%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 19.96g (6.65%), Net Carbohydrates: 18.73g (6.81%), Sugar: 12.69g (14.1%), Cholesterol: 4.55mg (1.52%), Sodium: 172.24mg (7.49%), Alcohol: 0.08g (100%), Alcohol %: 0.21% (100%), Protein: 3.57g (7.14%), Manganese: 0.19mg (9.61%), Vitamin B3: 1.25mg (6.27%), Fiber: 1.23g (4.93%), Magnesium: 14.31mg (3.58%), Phosphorus: 35.74mg (3.57%), Folate: 12.45µg

(3.11%), Copper: 0.06mg (3.06%), Iron: 0.42mg (2.35%), Vitamin B1: 0.03mg (2.31%), Vitamin K: 2.09µg (1.99%), Potassium: 67.09mg (1.92%), Selenium: 1.21µg (1.72%), Zinc: 0.22mg (1.46%), Vitamin B5: 0.13mg (1.33%), Vitamin A: 62.99IU (1.26%), Vitamin B6: 0.02mg (1.16%), Vitamin E: 0.16mg (1.04%), Calcium: 10.34mg (1.03%)