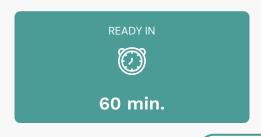


Easy Salted Peanut Chews

airy Free







ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

2 teaspoons vanilla

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	
O 3 cup buttor	

П	10 oz peanut butter chips
	2 cups rice cereal crisp
	2 cups roasted peanuts salted
Eq	uipment
	bowl
	frying pan
	sauce pan
	oven
Diı	rections
	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
	PROTEIN 8.27% FAT 45.52% CARBS 46.21%
	FROTEIN 0.27 /0 FAT 43.32 /0 CARDS 40.21 /0

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%)