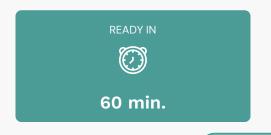


Easy Salted Peanut Chews

Dairy Free







ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

0.3 cup butte	er
0.7 cup plus	light

2 cups rice cereal crisp

1 eggs

3 cups marshmallows miniature

10 oz peanut butter chips

1 pouch peanut butter sandwich cookie crumbs (1 lb 1.5 oz)

2 cups roasted peanuts salted

	2 teaspoons vanilla	
	3 tablespoons vegetable oil	
	1 tablespoon water	
Equipment		
	bowl	
	frying pan	
	sauce pan	
	oven	
Di	rections	
	Heat oven to 350F. 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%	
PROTEIN 6.27% FAT 43.32% CARBS 40.21%		
Dranartica		

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%)