



Gluten-Free Brownie Goody Bars

 Dairy Free

READY IN



180 min.

SERVINGS



16

CALORIES



389 kcal

DESSERT

Ingredients

- ☐ 1 box betty brownie mix gluten free
- ☐ 0.5 cup creamy peanut butter
- ☐ 1.5 cups rice chex
- ☐ 16 servings eggs for on brownie mix box
- ☐ 0.5 cup roasted peanuts salted coarsely chopped
- ☐ 6 oz semi chocolate chips
- ☐ 1 cup vanilla frosting (from 1-lb container)

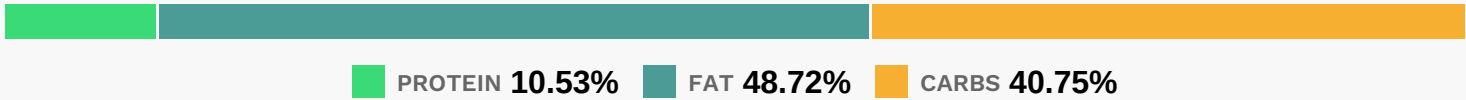
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Heat oven to 350F. Make and bake brownies as directed on box, using butter, eggs and any of the pan choices except line pan with foil, then grease foil on bottom only for easier removal. Cool completely, about 1 hour.
- ☐ Spread frosting over brownies.
- ☐ Sprinkle with peanuts. Refrigerate.
- ☐ In medium microwavable bowl, microwave chocolate chips and peanut butter uncovered on High 1 to 2 minutes, stirring once, until melted. Stir in cereal.
- ☐ Spread over frosted brownies. Cool completely before cutting, about 1 hour.
- ☐ Cut into 4 rows by 4 rows. Store tightly covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:3.56, Glycemic Load:4.32, Inflammation Score:-4, Nutrition Score:10.366086959839%

Nutrients (% of daily need)

Calories: 388.9kcal (19.44%), Fat: 21.5g (33.08%), Saturated Fat: 6.83g (42.66%), Carbohydrates: 40.45g (13.48%), Net Carbohydrates: 37.74g (13.73%), Sugar: 27.17g (30.19%), Cholesterol: 164.32mg (54.77%), Sodium: 300.86mg (13.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.14mg (3.05%), Protein: 10.46g (20.92%), Manganese: 0.47mg (23.47%), Selenium: 15.58µg (22.26%), Iron: 3.28mg (18.21%), Vitamin B2: 0.31mg (18.16%), Phosphorus: 166.04mg (16.6%), Folate: 53.25µg (13.31%), Vitamin B3: 2.38mg (11.88%), Copper: 0.23mg (11.75%), Magnesium: 46.18mg (11.55%), Fiber: 2.7g (10.82%), Zinc: 1.51mg (10.05%), Vitamin E: 1.48mg (9.89%), Vitamin B12: 0.55µg (9.2%), Vitamin B5: 0.9mg (9%), Vitamin B6: 0.17mg (8.64%), Vitamin D: 0.97µg (6.49%), Potassium: 211.44mg (6.04%), Vitamin A: 289.79IU (5.8%), Vitamin B1: 0.08mg (5.55%), Calcium: 49.53mg (4.95%), Vitamin K: 2.78µg (2.65%), Vitamin C: 1.77mg (2.15%)