



## Gluten-Free Chocolate Peanut Butter Frozen Yogurt Dessert Bars

READY IN



275 min.

SERVINGS



9

CALORIES



370 kcal

DESSERT

### Ingredients

- 0.3 cup butter melted
- 2 tablespoons honey
- 2.5 cups rice chex
- 0.5 cup roasted peanuts salted
- 0.3 cup semisweet chocolate chips miniature
- 0.3 cup peanut butter
- 0.3 cup semisweet chocolate chips miniature
- 31.8 oz vanilla yogurt

- 2 tablespoons semisweet chocolate chips miniature
- 2 tablespoons roasted peanuts salted coarsely chopped

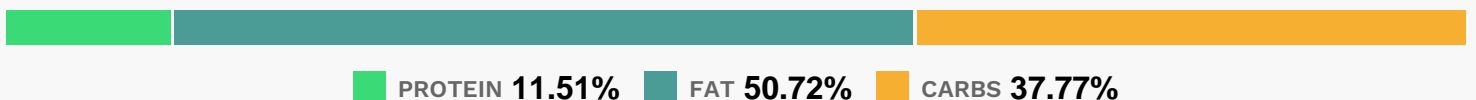
## Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- microwave

## Directions

- Heat oven to 350°F. Spray 8-inch square pan with cooking spray.
- In small bowl, mix melted butter and honey; set aside. Coarsely crush cereal. In medium bowl, mix cereal, 1/2 cup salted peanuts and 1/4 cup miniature chocolate chips.
- Add butter mixture; stir to thoroughly coat. Press mixture firmly in bottom of pan.
- Bake 10 minutes; remove to cooling rack 15 minutes.
- Place in freezer about 10 minutes or until chilled.
- Meanwhile, in small microwavable bowl, mix 1/4 cup peanut butter and 1/4 cup miniature chocolate chips. Microwave uncovered on High 30 to 45 seconds, stirring every 15 seconds, until smooth. Set aside to cool.
- Remove crust from freezer. Spoon yogurt over crust; spread evenly. Spoon peanut butter mixture in small dollops over yogurt. Using knife, swirl peanut butter mixture into yogurt.
- Sprinkle with Toppings.
- Freeze completely, about 4 hours.
- Remove from freezer 10 minutes before cutting.

## Nutrition Facts



## Properties

Glycemic Index:12.92, Glycemic Load:2.18, Inflammation Score:-6, Nutrition Score:14.667391243188%

## Nutrients (% of daily need)

Calories: 370.41kcal (18.52%), Fat: 21.53g (33.13%), Saturated Fat: 9.21g (57.56%), Carbohydrates: 36.07g (12.02%), Net Carbohydrates: 33.33g (12.12%), Sugar: 25.04g (27.82%), Cholesterol: 19.55mg (6.52%), Sodium: 244.65mg (10.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.13mg (4.71%), Protein: 11g (22%), Manganese: 0.84mg (42.12%), Phosphorus: 255.03mg (25.5%), Calcium: 224.86mg (22.49%), Iron: 3.99mg (22.15%), Folate: 86.06µg (21.51%), Vitamin B2: 0.36mg (20.93%), Vitamin B3: 4.14mg (20.68%), Magnesium: 76.88mg (19.22%), Zinc: 2.71mg (18.09%), Copper: 0.34mg (16.88%), Vitamin B12: 0.99µg (16.51%), Vitamin B1: 0.19mg (12.97%), Potassium: 451.17mg (12.89%), Selenium: 8.93µg (12.75%), Vitamin B6: 0.25mg (12.45%), Fiber: 2.74g (10.95%), Vitamin B5: 0.94mg (9.42%), Vitamin A: 347.76IU (6.96%), Vitamin E: 0.94mg (6.28%), Vitamin C: 2.49mg (3.02%), Vitamin D: 0.28µg (1.85%), Vitamin K: 1.82µg (1.73%)