



Gluten-Free No-Bake Honey Peanut Butter Bars

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



24

CALORIES



315 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 6 cups pinenuts
- 0.5 cup roasted peanuts
- 0.5 cup plus light
- 0.3 cup sugar
- 0.5 cup creamy peanut butter
- 0.3 cup chocolate chips dark

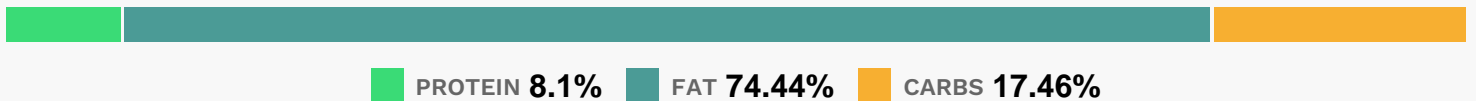
Equipment

- bowl
- frying pan
- sauce pan
- microwave

Directions

- Butter 9- or 8-inch square pan. In large bowl, mix cereal and peanuts; set aside.
- In 3-quart saucepan, heat honey and sugar just to boiling over medium heat, stirring constantly.
- Remove from heat; stir in peanut butter until smooth.
- Pour over cereal mixture in bowl; stir gently until evenly coated. Press firmly in pan. Cool 15 minutes.
- In small microwavable bowl, microwave chocolate chips uncovered on High 30 to 60 seconds, stirring every 15 seconds, until melted and smooth.
- Drizzle over top of bars.
- Let stand at room temperature at least 30 minutes until chocolate is set. For bars, cut into 4 rows by 6 rows. Store loosely covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:4.3, Glycemic Load:2.62, Inflammation Score:-5, Nutrition Score:13.031304292705%

Nutrients (% of daily need)

Calories: 315.09kcal (15.75%), Fat: 27.93g (42.97%), Saturated Fat: 2.97g (18.56%), Carbohydrates: 14.74g (4.91%), Net Carbohydrates: 12.89g (4.69%), Sugar: 9.95g (11.06%), Cholesterol: 0.02mg (0.01%), Sodium: 43.34mg (1.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.68%), Manganese: 3.12mg (156.19%), Magnesium: 99.65mg (24.91%), Copper: 0.49mg (24.59%), Vitamin E: 3.67mg (24.45%), Phosphorus: 226.42mg (22.64%), Vitamin K: 18.35µg (17.48%), Zinc: 2.47mg (16.48%), Vitamin B3: 2.67mg (13.35%), Iron: 2.05mg (11.41%), Vitamin B1: 0.15mg (9.73%), Potassium: 267.39mg (7.64%), Fiber: 1.85g (7.39%), Vitamin B2: 0.09mg (5.48%), Folate: 20.32µg (5.08%), Vitamin B6: 0.07mg (3.29%), Vitamin B5: 0.22mg (2.19%), Calcium: 17.7mg (1.77%), Selenium: 0.84µg (1.21%)