



WHATSheATE



## Gluten-Free No-Bake Honey Peanut Butter Bars



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



24

CALORIES



346 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

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

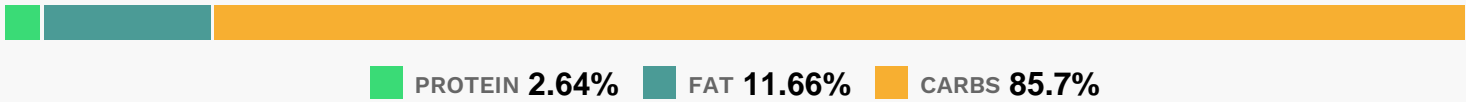
### Equipment

- ☐ 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:6.47, Glycemic Load:39.04, Inflammation Score:-1, Nutrition Score:2.6439130461734%

## Nutrients (% of daily need)

Calories: 345.59kcal (17.28%), Fat: 4.85g (7.46%), Saturated Fat: 1.32g (8.23%), Carbohydrates: 80.15g (26.72%), Net Carbohydrates: 79.38g (28.87%), Sugar: 78.32g (87.02%), Cholesterol: 0.02mg (0.01%), Sodium: 46.05mg (2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Manganese: 0.22mg (11.05%), Vitamin B3: 1.29mg (6.46%), Magnesium: 16.63mg (4.16%), Copper: 0.08mg (3.84%), Phosphorus: 35.74mg (3.57%), Vitamin E: 0.52mg (3.46%), Zinc: 0.48mg (3.21%), Potassium: 109.97mg (3.14%), Fiber: 0.77g (3.08%), Iron: 0.54mg (3.02%), Vitamin B2: 0.05mg (2.87%), Vitamin B6: 0.05mg (2.72%), Folate: 10.54µg (2.64%), Selenium: 1.29µg (1.84%), Calcium: 17.39mg (1.74%), Vitamin B5: 0.17mg (1.71%), Vitamin B1: 0.02mg (1.54%)