



Gluten-Free Peanut and Chocolate Chex™ Bars

 Dairy Free

READY IN



75 min.

SERVINGS



24

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 cups corn flakes/bran flakes
- ☐ 0.5 cup roasted peanuts salted
- ☐ 0.5 cup plus light
- ☐ 0.3 cup sugar
- ☐ 0.5 cup creamy peanut butter
- ☐ 0.3 cup m&m candies

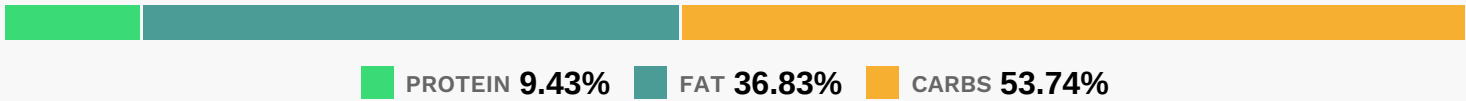
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Butter bottom and sides of 9-inch square pan, or spray with cooking spray. In large bowl, mix cereal and peanuts.
- ☐ In 1-quart saucepan, heat corn syrup and sugar over medium heat, stirring constantly, just to boiling.
- ☐ Remove from heat; stir in peanut butter until smooth.
- ☐ Pour over cereal mixture in bowl, stirring until evenly coated. Stir in candies. Press firmly in pan. Cool 1 hour.
- ☐ Cut into 6 rows by 4 rows. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:7.31, Glycemic Load:5.62, Inflammation Score:-4, Nutrition Score:5.6356521584094%

Nutrients (% of daily need)

Calories: 110.57kcal (5.53%), Fat: 4.91g (7.55%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 16.11g (5.37%), Net Carbohydrates: 14.3g (5.2%), Sugar: 10.69g (11.88%), Cholesterol: 0.32mg (0.11%), Sodium: 78.13mg (3.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.65%), Manganese: 0.39mg (19.42%), Folate: 52.92µg (13.23%), Iron: 2.06mg (11.43%), Vitamin B3: 2.28mg (11.41%), Magnesium: 29.53mg (7.38%), Vitamin B6: 0.14mg (7.25%), Fiber: 1.81g (7.23%), Vitamin B1: 0.11mg (7.19%), Vitamin B2: 0.11mg (6.27%), Phosphorus: 59.93mg (5.99%), Selenium: 4.01µg (5.73%), Vitamin B12: 0.33µg (5.56%), Copper: 0.08mg (3.81%), Zinc: 0.56mg (3.75%), Vitamin E: 0.54mg (3.61%), Vitamin A: 171.52IU (3.43%), Potassium: 89.56mg (2.56%), Vitamin B5: 0.16mg (1.57%), Vitamin D: 0.22µg (1.47%), Calcium: 12.07mg (1.21%)