



## Holiday Chocolate Cereal Bars

 Dairy Free

READY IN



40 min.

SERVINGS



36

CALORIES



179 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cup sugar
- 1 cup plus light
- 1.5 cups peanut butter
- 6 cups kellogg's® cocoa cereal
- 1.5 cups m&m candies green red ( and )

### Equipment

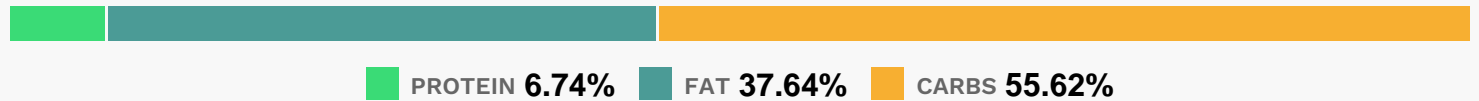
- bowl
- frying pan

- sauce pan
- wooden spoon

## Directions

- Spray bottom and sides of 13x9-inch pan with cooking spray. In 2-quart saucepan, heat sugar and corn syrup to boiling over medium-high heat, stirring constantly.
- Remove from heat. Stir in peanut butter until melted.
- In extra-large bowl, stir cereal and peanut butter mixture with wooden spoon until cereal is evenly coated. Stir in 1 cup of the candies.
- Press cereal mixture in pan. Immediately sprinkle with remaining 1/2 cup candies; press in lightly with fingers.
- Let stand about 30 minutes until cool. For bars, cut into 6 rows by 6 rows.

## Nutrition Facts



## Properties

Glycemic Index:2.86, Glycemic Load:5.52, Inflammation Score:-3, Nutrition Score:4.8208695507568%

## Nutrients (% of daily need)

Calories: 178.86kcal (8.94%), Fat: 7.87g (12.1%), Saturated Fat: 2.4g (15%), Carbohydrates: 26.16g (8.72%), Net Carbohydrates: 25.06g (9.11%), Sugar: 21.6g (24%), Cholesterol: 1.3mg (0.43%), Sodium: 91.78mg (3.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Vitamin B3: 2.54mg (12.7%), Manganese: 0.18mg (9%), Vitamin B6: 0.16mg (7.94%), Folate: 31.44µg (7.86%), Zinc: 1.15mg (7.66%), Iron: 1.3mg (7.21%), Vitamin B1: 0.1mg (6.96%), Vitamin B2: 0.12mg (6.92%), Vitamin E: 1.02mg (6.81%), Vitamin B12: 0.34µg (5.6%), Magnesium: 21.8mg (5.45%), Phosphorus: 49.76mg (4.98%), Fiber: 1.09g (4.37%), Calcium: 38.81mg (3.88%), Copper: 0.05mg (2.72%), Vitamin A: 130.53IU (2.61%), Potassium: 77.16mg (2.2%), Vitamin C: 1.38mg (1.68%), Vitamin D: 0.22µg (1.48%), Vitamin B5: 0.14mg (1.37%), Selenium: 0.93µg (1.33%)