

Marble Bars

 Dairy Free

READY IN



20 min.

SERVINGS



36

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup plus light
- ☐ 6 cups chocolate rice cereal crispy flavored
- ☐ 1 cup peanut butter
- ☐ 1 cup semi chocolate chips
- ☐ 1 cup sugar white

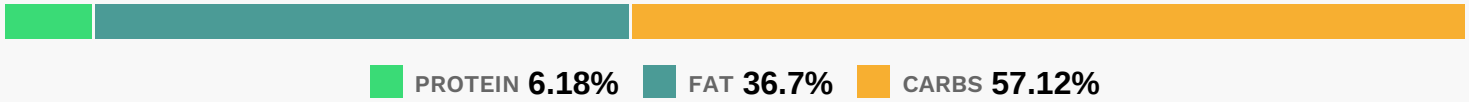
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a 3 quart saucepan, heat white sugar and corn syrup until bubbles form.
- ☐ Remove from heat, and stir in peanut butter.
- ☐ Add chocolate flavored crispy rice cereal; stir to coat well. Gently stir in chocolate chips to give marble effect.
- ☐ Press into 9x13 inch pan and cool until firm.
- ☐ Cut into bars.

Nutrition Facts



Properties

Glycemic Index:2.86, Glycemic Load:5.44, Inflammation Score:-1, Nutrition Score:2.4326086907607%

Nutrients (% of daily need)

Calories: 131.85kcal (6.59%), Fat: 5.64g (8.68%), Saturated Fat: 1.84g (11.47%), Carbohydrates: 19.76g (6.59%), Net Carbohydrates: 18.97g (6.9%), Sugar: 15.41g (17.12%), Cholesterol: 0.3mg (0.1%), Sodium: 37.33mg (1.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.3mg (1.43%), Protein: 2.14g (4.27%), Manganese: 0.17mg (8.58%), Vitamin B3: 1.1mg (5.52%), Magnesium: 21.94mg (5.48%), Copper: 0.1mg (5.02%), Vitamin E: 0.69mg (4.57%), Phosphorus: 40.97mg (4.1%), Fiber: 0.79g (3.15%), Iron: 0.53mg (2.95%), Folate: 10.95µg (2.74%), Zinc: 0.39mg (2.61%), Potassium: 72.58mg (2.07%), Vitamin B1: 0.03mg (2.05%), Vitamin B6: 0.03mg (1.68%), Selenium: 1.14µg (1.63%), Vitamin B2: 0.03mg (1.5%)