



Milk Chocolate Peanut Butter Krispy Squares

READY IN



11 min.

SERVINGS



16

CALORIES



210 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 cup marshmallows miniature
- ☐ 8 oz chocolate chopped
- ☐ 12 reese's miniatures chilled chopped
- ☐ 1.5 cups rice krispies
- ☐ 1 cup peanuts salted chopped

Equipment

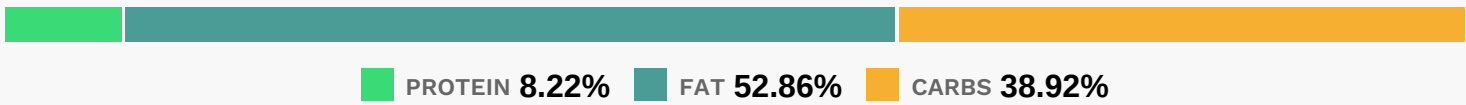
- ☐ bowl
- ☐ frying pan

- ☐ baking paper
- ☐ mixing bowl
- ☐ double boiler
- ☐ aluminum foil

Directions

- ☐ Line an 8 or 9 inch square pan with parchment paper, nonstick foil or regular foil. If using regular foil, rub the foil generously with some softened butter.Melt about 3/4 of the chocolate in a metal bowl set over but not touching simmering water or in a double boiler.
- ☐ Remove from heat and stir in the remaining chopped chocolate. Stir well until chocolate is completely melted.Stir the peanut butter into the melted chocolate.Scrape the melted chocolate mixture into a mixing bowl and stir in the cereal, followed by the marshmallows, peanuts and Reese’s (if using).
- ☐ Pour into the pan and press down so that it’s tight. Chill for a few hours or until very firm, then lift from the pan and cut into squares.

Nutrition Facts



Properties

Glycemic Index:6.44, Glycemic Load:4.85, Inflammation Score:-4, Nutrition Score:5.6717391843381%

Nutrients (% of daily need)

Calories: 210.3kcal (10.52%), Fat: 13.27g (20.42%), Saturated Fat: 4.91g (30.71%), Carbohydrates: 21.99g (7.33%), Net Carbohydrates: 19.92g (7.25%), Sugar: 15.37g (17.08%), Cholesterol: 0.76mg (0.25%), Sodium: 103.63mg (4.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10.25mg (3.42%), Protein: 4.64g (9.29%), Manganese: 0.32mg (15.96%), Vitamin B3: 2.51mg (12.53%), Magnesium: 40.02mg (10.01%), Copper: 0.18mg (9.01%), Iron: 1.56mg (8.66%), Folate: 34.34µg (8.59%), Fiber: 2.06g (8.26%), Phosphorus: 80.21mg (8.02%), Vitamin B1: 0.1mg (6.58%), Vitamin B2: 0.09mg (5.28%), Vitamin B6: 0.1mg (5.2%), Vitamin E: 0.75mg (5.03%), Potassium: 159.09mg (4.55%), Zinc: 0.6mg (3.97%), Vitamin B12: 0.22µg (3.72%), Vitamin A: 181.76IU (3.64%), Selenium: 1.83µg (2.61%), Vitamin B5: 0.23mg (2.32%), Calcium: 22.7mg (2.27%), Vitamin C: 1.7mg (2.06%), Vitamin K: 1.15µg (1.09%), Vitamin D: 0.16µg (1.09%)