



No-Bake Cereal Bars

 Dairy Free

READY IN



55 min.

SERVINGS



36

CALORIES



169 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 cups cheerios cheerios®
- ☐ 1 cup plus light
- ☐ 1.3 cups peanut butter
- ☐ 12 oz semi chocolate chips (2 cups)
- ☐ 1 cup sugar

Equipment

- ☐ frying pan
- ☐ sauce pan

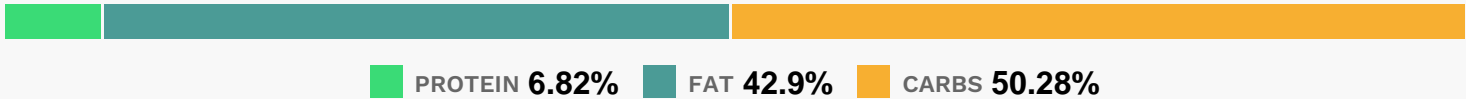
☐

dutch oven

Directions

- ☐ Lightly butter 13x9-inch pan. In 4- to 5-quart Dutch oven, heat corn syrup and sugar to boiling over medium-high heat, stirring constantly. Cook until sugar is dissolved; remove from heat.
- ☐ Add 1 cup of the peanut butter; stir until smooth.
- ☐ Add cereal; mix well. Immediately press in buttered pan.
- ☐ In 2-quart saucepan over low heat, melt chocolate chips with remaining 1/4 cup peanut butter, stirring constantly.
- ☐ Spread evenly over bars. Refrigerate about 30 minutes or cool completely at room temperature until chocolate is set. For bars, cut into 9 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:2.86, Glycemic Load:5.48, Inflammation Score:-3, Nutrition Score:5.234782586927%

Nutrients (% of daily need)

Calories: 169.41kcal (8.47%), Fat: 8.47g (13.02%), Saturated Fat: 3.04g (19.02%), Carbohydrates: 22.32g (7.44%), Net Carbohydrates: 20.78g (7.56%), Sugar: 17.39g (19.32%), Cholesterol: 0.57mg (0.19%), Sodium: 62.7mg (2.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.13mg (2.71%), Protein: 3.03g (6.06%), Manganese: 0.38mg (19.05%), Iron: 1.77mg (9.81%), Vitamin B3: 1.9mg (9.49%), Magnesium: 35.86mg (8.96%), Copper: 0.17mg (8.47%), Folate: 32.69µg (8.17%), Phosphorus: 67.43mg (6.74%), Zinc: 0.99mg (6.59%), Fiber: 1.54g (6.16%), Vitamin E: 0.89mg (5.91%), Vitamin B6: 0.11mg (5.28%), Vitamin B1: 0.07mg (4.43%), Vitamin B12: 0.25µg (4.23%), Potassium: 126.47mg (3.61%), Selenium: 2.13µg (3.05%), Calcium: 24.03mg (2.4%), Vitamin A: 120.19IU (2.4%), Vitamin B5: 0.16mg (1.61%), Vitamin B2: 0.03mg (1.55%)