



No Bake Peanut Butter Bars

READY IN



30 min.

SERVINGS



24

CALORIES



254 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 2 cups confectioners' sugar
- ☐ 2 cups creamy peanut butter
- ☐ 3 cups rice cereal crispy
- ☐ 1 cup semi chocolate chips

Equipment

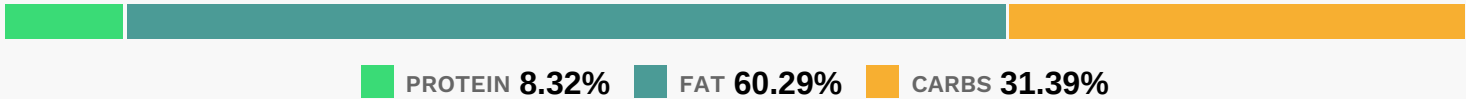
- ☐ bowl
- ☐ frying pan

- ☐ double boiler
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Butter a 9x13 inch baking dish. In a medium bowl, stir together the butter, peanut butter and confectioners' sugar until well blended.
- ☐ Mix in the rice cereal so that it is evenly distributed. Press the mixture into the prepared pan.
- ☐ In the microwave or over a double boiler, melt chocolate chips, stirring occasionally until smooth.
- ☐ Spread the melted chocolate evenly over the peanut butter bars. Refrigerate until set before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.53, Inflammation Score:-3, Nutrition Score:5.6704348014749%

Nutrients (% of daily need)

Calories: 253.52kcal (12.68%), Fat: 17.72g (27.26%), Saturated Fat: 6.26g (39.14%), Carbohydrates: 20.76g (6.92%), Net Carbohydrates: 19.09g (6.94%), Sugar: 14.79g (16.44%), Cholesterol: 10.62mg (3.54%), Sodium: 123.71mg (5.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.45mg (2.15%), Protein: 5.5g (11%), Manganese: 0.41mg (20.75%), Vitamin B3: 3.01mg (15.03%), Vitamin E: 2.11mg (14.1%), Magnesium: 50.33mg (12.58%), Phosphorus: 96.27mg (9.63%), Copper: 0.19mg (9.51%), Fiber: 1.66g (6.66%), Folate: 22.23µg (5.56%), Zinc: 0.78mg (5.17%), Iron: 0.92mg (5.11%), Vitamin B6: 0.1mg (4.91%), Potassium: 167.83mg (4.8%), Vitamin B2: 0.05mg (3.2%), Vitamin B1: 0.04mg (2.84%), Selenium: 1.86µg (2.66%), Vitamin B5: 0.26mg (2.56%), Vitamin A: 121.93IU (2.44%), Calcium: 16.63mg (1.66%)