



No-Bake Peanut Butter Squares

 Vegetarian

READY IN



40 min.

SERVINGS



48

CALORIES



64 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 0.3 cup butter softened
- ☐ 1 cup jif® creamy peanut butter
- ☐ 2 cups rice cereal crisp
- ☐ 0.5 cup peanuts coarsely chopped
- ☐ 1.3 cups powdered sugar sifted

Equipment

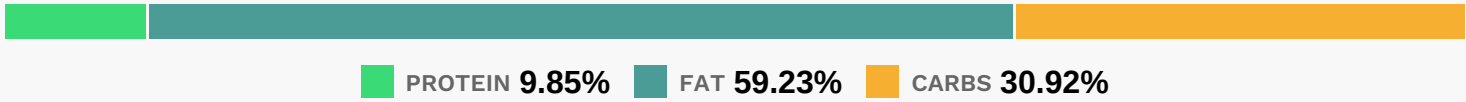
- ☐ bowl

- ☐ frying pan
- ☐ baking pan
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Line an 8-inch square baking pan with aluminum foil, extending foil over edges of pan. Blend peanut butter, almond extract and butter in large bowl; stir in powdered sugar.
- ☐ Add cereal; mix well, crushing cereal slightly.
- ☐ Press peanut butter mixture evenly into prepared pan with rubber spatula.
- ☐ Sprinkle top with chopped peanuts; press gently. Chill. To serve, remove from pan by lifting foil; remove foil.
- ☐ Cut into 1-inch squares.

Nutrition Facts



Properties

Glycemic Index:1.63, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:1.5521739137399%

Nutrients (% of daily need)

Calories: 64.49kcal (3.22%), Fat: 4.47g (6.87%), Saturated Fat: 1.27g (7.93%), Carbohydrates: 5.25g (1.75%), Net Carbohydrates: 4.83g (1.76%), Sugar: 3.63g (4.03%), Cholesterol: 2.54mg (0.85%), Sodium: 31.1mg (1.35%), Alcohol: 0.01g (100%), Alcohol %: 0.15% (100%), Protein: 1.67g (3.34%), Manganese: 0.12mg (5.96%), Vitamin B3: 0.99mg (4.93%), Vitamin E: 0.52mg (3.45%), Magnesium: 12.2mg (3.05%), Phosphorus: 25.33mg (2.53%), Folate: 9.51µg (2.38%), Copper: 0.04mg (1.92%), Fiber: 0.41g (1.65%), Vitamin B6: 0.03mg (1.46%), Vitamin B1: 0.02mg (1.41%), Potassium: 42.94mg (1.23%), Zinc: 0.18mg (1.19%)