

Nut Goody Bars



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



427 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups butterscotch chips
- ☐ 2 cups crunchy peanut butter
- ☐ 6 cups marshmallows miniature
- ☐ 4 cups semi chocolate chips
- ☐ 1 cup walnuts

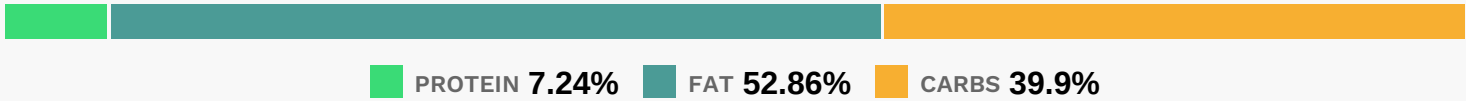
Equipment

- ☐ frying pan

Directions

- ☐ Melt chips on low heat. Stir in peanut butter and walnuts. Take pan off heat, and quickly add the mini marshmallows. Stir until marshmallows are completely covered.
- ☐ Pour into a 9x13 inch greased pan. Refrigerate.

Nutrition Facts



Properties

Glycemic Index:3.35, Glycemic Load:6.21, Inflammation Score:-4, Nutrition Score:10.117391247464%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 427.36kcal (21.37%), Fat: 25.9g (39.85%), Saturated Fat: 8.84g (55.27%), Carbohydrates: 44g (14.67%), Net Carbohydrates: 39.54g (14.38%), Sugar: 31.55g (35.06%), Cholesterol: 3.08mg (1.02%), Sodium: 172.98mg (7.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 25.8mg (8.6%), Protein: 7.98g (15.96%), Manganese: 0.95mg (47.6%), Copper: 0.59mg (29.42%), Magnesium: 95.15mg (23.79%), Fiber: 4.46g (17.84%), Phosphorus: 164.59mg (16.46%), Vitamin B3: 3.26mg (16.3%), Iron: 2.48mg (13.76%), Vitamin E: 1.58mg (10.52%), Zinc: 1.56mg (10.42%), Potassium: 352.82mg (10.08%), Selenium: 4.82µg (6.88%), Vitamin B6: 0.13mg (6.33%), Folate: 24.68µg (6.17%), Vitamin B5: 0.36mg (3.59%), Calcium: 33.99mg (3.4%), Vitamin B1: 0.05mg (3.39%), Vitamin B2: 0.05mg (2.84%), Vitamin K: 2.44µg (2.33%)