

Oatmeal Raisin Bars

READY IN



30 min.

SERVINGS



36

CALORIES



266 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup butter
- 9.5 cups rice cereal crisp
- 0.5 cup honey
- 1.5 pounds marshmallows
- 0.3 cup peanut butter
- 1 cup peanuts chopped
- 5 cups oats
- 1.5 cups raisins
- 12 ounces semi chocolate chips

0.3 cup vegetable oil

Equipment

bowl

sauce pan

Directions

In a large bowl, combine the first five ingredients; set aside. In a large saucepan over low heat, cook and stir marshmallow and butter until smooth.

Add honey, oil and peanut butter; mix well.

Pour over cereal mixture; toss to coat.

Pour into two greased 13-in. x 9-in. pans; press firmly and evenly. Cool.

Nutrition Facts



PROTEIN 6.41% **FAT 33.14%** **CARBS 60.45%**

Properties

Glycemic Index:8.75, Glycemic Load:18.24, Inflammation Score:-3, Nutrition Score:6.7782608374305%

Nutrients (% of daily need)

Calories: 266.16kcal (13.31%), Fat: 10.23g (15.74%), Saturated Fat: 3.78g (23.6%), Carbohydrates: 41.98g (13.99%), Net Carbohydrates: 39.19g (14.25%), Sugar: 18.57g (20.63%), Cholesterol: 3.96mg (1.32%), Sodium: 37.24mg (1.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.13mg (2.71%), Protein: 4.45g (8.9%), Manganese: 0.76mg (38.21%), Magnesium: 61.48mg (15.37%), Copper: 0.25mg (12.68%), Fiber: 2.79g (11.18%), Phosphorus: 110.38mg (11.04%), Iron: 1.67mg (9.28%), Selenium: 5.92µg (8.45%), Vitamin B1: 0.12mg (8.16%), Vitamin B3: 1.32mg (6.59%), Folate: 22.98µg (5.74%), Potassium: 193.5mg (5.53%), Zinc: 0.83mg (5.51%), Vitamin K: 3.95µg (3.76%), Vitamin B2: 0.05mg (3.15%), Vitamin E: 0.46mg (3.09%), Vitamin B6: 0.05mg (2.48%), Vitamin B5: 0.21mg (2.08%), Calcium: 19.69mg (1.97%)