



OREO Crunch Bars

READY IN



30 min.

SERVINGS



30

CALORIES



122 kcal

Ingredients

- 0.3 cup butter melted ()
- 7 oz marshmallow crème jet-puffed
- 34 oreo cookies divided
- 3 oz baker's semi-sweet chocolate chopped
- 0.3 cup planters walnuts chopped

Equipment

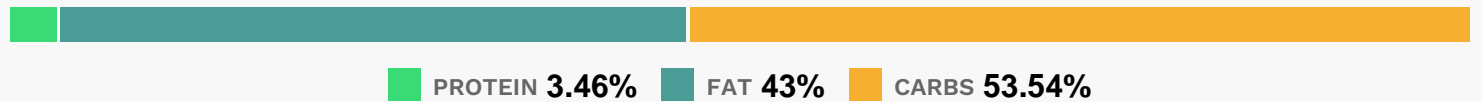
- frying pan
- oven
- wire rack

baking pan

Directions

- Preheat oven to 350F. Coarsely chop 8 of the cookies; set aside. Finely crush remaining 26 cookies; mix with butter. Press crumb mixture firmly onto bottom of greased 9-inch square baking pan.
- Top crust evenly with dollops of marshmallow creme, leaving 1/2-inch border around all sides.
- Sprinkle with chopped chocolate, walnuts and chopped cookies; press lightly into crust.
- Bake 15 min. or until marshmallow creme just begins to brown. Cool completely in pan on wire rack before cutting into bars to serve.

Nutrition Facts



Properties

Glycemic Index:0.67, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.4273913330196%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg

Nutrients (% of daily need)

Calories: 122kcal (6.1%), Fat: 6.05g (9.31%), Saturated Fat: 1.79g (11.18%), Carbohydrates: 16.96g (5.65%), Net Carbohydrates: 16.25g (5.91%), Sugar: 10.68g (11.86%), Cholesterol: 0.17mg (0.06%), Sodium: 70.92mg (3.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.12mg (1.04%), Protein: 1.1g (2.19%), Iron: 1.86mg (10.35%), Manganese: 0.17mg (8.71%), Copper: 0.1mg (5.07%), Vitamin K: 3.97µg (3.78%), Magnesium: 13.49mg (3.37%), Fiber: 0.71g (2.83%), Vitamin E: 0.42mg (2.8%), Phosphorus: 24.95mg (2.5%), Folate: 9.59µg (2.4%), Vitamin B1: 0.03mg (2.15%), Vitamin B2: 0.04mg (2.14%), Vitamin B3: 0.39mg (1.96%), Potassium: 54.43mg (1.56%), Zinc: 0.22mg (1.44%), Selenium: 1.01µg (1.44%), Vitamin A: 69.61IU (1.39%)