



PB-Chocolate Bars on Cars

READY IN



80 min.

SERVINGS



36

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 6 cups cheerios honey nut cheerios®
- ☐ 0.8 cup plus light
- ☐ 1.5 cups marshmallows miniature
- ☐ 1 cup milk chocolate chips melted
- ☐ 1.5 cups peanut butter chips

Equipment

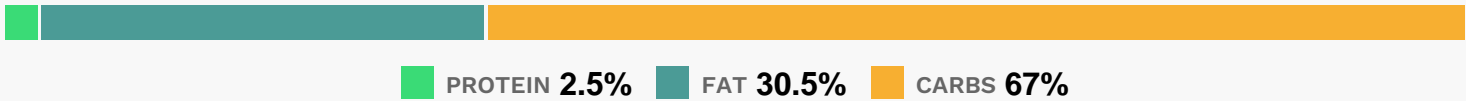
- ☐ bowl

- ☐ frying pan
- ☐ knife
- ☐ microwave

Directions

- ☐ Spray bottom and sides of 13x9-inch pan with cooking spray. In large bowl, place cereal and marshmallows; stir to mix. Set aside.
- ☐ In medium microwavable bowl, microwave peanut butter chips, corn syrup and butter uncovered on High 2 to 3 minutes, stirring after each minute, until mixture is smooth.
- ☐ Remove from microwave.
- ☐ Pour peanut butter mixture over cereal mixture in bowl; stir until cereal is evenly coated.
- ☐ Pour cereal mixture into pan. With buttered back of spoon, press mixture in pan until even.
- ☐ Spread melted chocolate evenly over top. Refrigerate about 1 hour or until firm.
- ☐ With table knife, cut cereal mixture into 9 rows by 4 rows to make 36 bars. Store in loosely covered container.

Nutrition Facts



Properties

Glycemic Index:2.21, Glycemic Load:2.06, Inflammation Score:-2, Nutrition Score:2.1586956572921%

Nutrients (% of daily need)

Calories: 73.14kcal (3.66%), Fat: 2.62g (4.03%), Saturated Fat: 1.14g (7.16%), Carbohydrates: 12.94g (4.31%), Net Carbohydrates: 12.58g (4.57%), Sugar: 9.67g (10.74%), Cholesterol: 0mg (0%), Sodium: 34.47mg (1.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Folate: 25.02µg (6.26%), Manganese: 0.12mg (6.22%), Iron: 1.02mg (5.65%), Vitamin B12: 0.24µg (3.97%), Zinc: 0.5mg (3.34%), Vitamin B1: 0.05mg (3.32%), Vitamin B3: 0.63mg (3.14%), Vitamin B6: 0.06mg (3.14%), Vitamin A: 157.2IU (3.14%), Calcium: 17.4mg (1.74%), Fiber: 0.36g (1.42%), Selenium: 0.96µg (1.37%), Phosphorus: 12.93mg (1.29%), Potassium: 37.11mg (1.06%), Magnesium: 4.14mg (1.03%)