



PB-Chocolate Bars on Cars

 Gluten Free

READY IN



80 min.

SERVINGS



36

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

Equipment

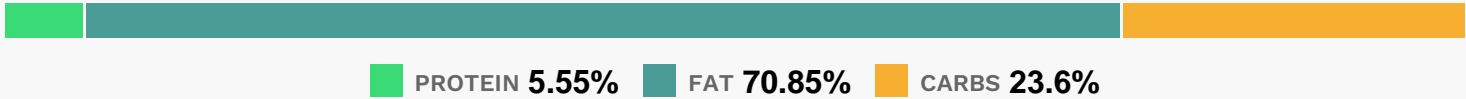
- ☐ bowl

- ☐ 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:-3, Nutrition Score:9.1826086130155%

Nutrients (% of daily need)

Calories: 211.54kcal (10.58%), Fat: 17.78g (27.35%), Saturated Fat: 2.19g (13.7%), Carbohydrates: 13.32g (4.44%), Net Carbohydrates: 12.49g (4.54%), Sugar: 10.32g (11.47%), Cholesterol: 0mg (0%), Sodium: 17.52mg (0.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Manganese: 1.98mg (99.03%), Copper: 0.3mg (14.95%), Vitamin E: 2.14mg (14.24%), Magnesium: 56.62mg (14.16%), Phosphorus: 129.81mg (12.98%), Vitamin K: 12.13µg (11.55%), Zinc: 1.48mg (9.89%), Iron: 1.25mg (6.94%), Vitamin B1: 0.09mg (5.75%), Vitamin B3: 0.99mg (4.95%), Potassium: 149.28mg (4.27%), Fiber: 0.83g (3.34%), Vitamin B2: 0.05mg (3.03%), Folate: 7.68µg (1.92%), Vitamin B6: 0.02mg (1.07%)