



PB-Chocolate Bars on Cars

 Gluten Free

READY IN



80 min.

SERVINGS



36

CALORIES



232 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

Equipment

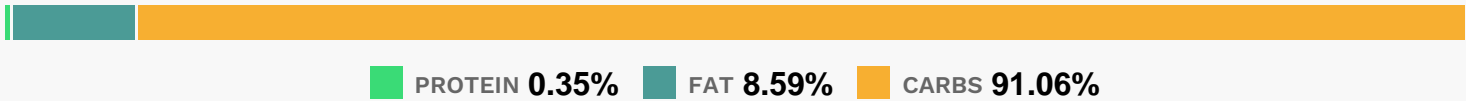
- ☐ bowl

- ☐ 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:3.66, Glycemic Load:26.34, Inflammation Score:1, Nutrition Score:0.62782608053606%

Nutrients (% of daily need)

Calories: 231.88kcal (11.59%), Fat: 2.39g (3.67%), Saturated Fat: 1.09g (6.81%), Carbohydrates: 56.93g (18.98%), Net Carbohydrates: 56.82g (20.66%), Sugar: 55.9g (62.11%), Cholesterol: 0mg (0%), Sodium: 19.33mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.44%), Manganese: 0.05mg (2.27%), Iron: 0.24mg (1.34%), Vitamin B2: 0.02mg (1.29%), Potassium: 44.33mg (1.27%), Copper: 0.02mg (1.12%), Zinc: 0.16mg (1.04%)