

PB & J Squares



Vegetarian



Vegan



Dairy Free

READY IN



80 min.

SERVINGS



24

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 cups corn flakes/bran flakes
- ☐ 0.3 cup plus light
- ☐ 0.5 cup creamy peanut butter
- ☐ 0.3 cup grape jelly
- ☐ 0.5 cup peanuts
- ☐ 0.5 cup raisins
- ☐ 0.3 cup sugar

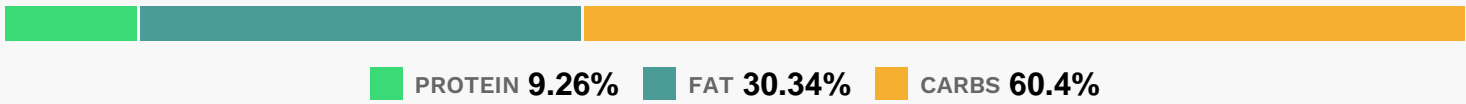
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife

Directions

- ☐ Spray bottom and sides of 13x9-inch pan with cooking spray. In large bowl, place cereal, peanuts and raisins; stir to mix. Set aside.
- ☐ In 2-quart saucepan, heat jelly, sugar and corn syrup over medium heat, stirring occasionally, until mixture begins to boil. Boil 2 minutes, stirring frequently.
- ☐ Remove from heat. Stir in peanut butter until mixture is smooth.
- ☐ Pour peanut butter mixture over cereal mixture in bowl; stir until cereal is evenly coated.
- ☐ Pour mixture into pan. With buttered back of spoon, press mixture in pan until even. Cool completely, about 1 hour.
- ☐ With table knife, cut cereal mixture into 6 rows by 4 rows to make 24 bars. Store in loosely covered container.

Nutrition Facts



Properties

Glycemic Index:12.64, Glycemic Load:9.66, Inflammation Score:-5, Nutrition Score:7.9695651466432%

Nutrients (% of daily need)

Calories: 122.37kcal (6.12%), Fat: 4.5g (6.92%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 20.16g (6.72%), Net Carbohydrates: 17.52g (6.37%), Sugar: 9.52g (10.58%), Cholesterol: 0mg (0%), Sodium: 82.31mg (3.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.18%), Manganese: 0.53mg (26.3%), Folate: 79.23µg (19.81%), Iron: 3.11mg (17.3%), Vitamin B3: 2.9mg (14.52%), Vitamin B1: 0.16mg (10.95%), Vitamin B6: 0.21mg (10.55%), Fiber: 2.63g (10.54%), Magnesium: 38.83mg (9.71%), Vitamin B2: 0.16mg (9.64%), Selenium: 5.84µg (8.34%), Vitamin B12: 0.5µg (8.33%), Phosphorus: 78.09mg (7.81%), Copper: 0.11mg (5.7%), Vitamin A: 250IU (5%), Zinc: 0.73mg (4.83%), Potassium: 134.88mg (3.85%), Vitamin E: 0.57mg (3.82%), Vitamin D: 0.33µg (2.2%), Vitamin B5: 0.2mg (2%), Calcium: 12.53mg (1.25%)