



WHATSheATE

Peach-Cereal Bars

READY IN



40 min.

SERVINGS



12

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 10 oz marshmallows
- ☐ 6 cups bread
- ☐ 1 cup yogurt yoplait® (from 2-lb container)
- ☐ 0.8 cup peaches dried diced

Equipment

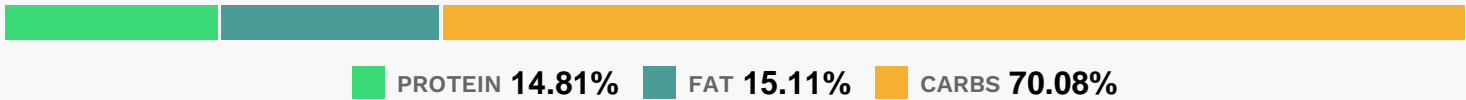
- ☐ bowl
- ☐ frying pan

- ☐ microwave
- ☐ glass baking pan

Directions

- ☐ Butter 8-inch square (2-quart) glass baking dish. In large microwavable bowl, microwave butter and marshmallows uncovered on High 1 minute 30 seconds, stirring after 1 minute, until smooth. Stir in cereal until coated. Press about 4 cups mixture firmly in pan.
- ☐ Spread yogurt over top.
- ☐ Mix dried peaches and remaining cereal mixture (if cereal mixture has become firm, microwave uncovered on High 30 seconds to soften).
- ☐ Spread over top of yogurt; press firmly with dampened hands. Refrigerate until firm, about 30 minutes.
- ☐ For bars, cut into 4 rows by 3 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:10.85, Glycemic Load:42.19, Inflammation Score:-6, Nutrition Score:19.847391172596%

Nutrients (% of daily need)

Calories: 437.52kcal (21.88%), Fat: 7.46g (11.47%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 77.79g (25.93%), Net Carbohydrates: 69.85g (25.4%), Sugar: 24.43g (27.15%), Cholesterol: 1.23mg (0.41%), Sodium: 599.22mg (26.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.44g (32.88%), Manganese: 2.56mg (127.94%), Selenium: 31.65µg (45.21%), Fiber: 7.94g (31.77%), Vitamin B1: 0.47mg (31.49%), Phosphorus: 294.78mg (29.48%), Vitamin B3: 5.72mg (28.6%), Magnesium: 99.33mg (24.83%), Calcium: 234.74mg (23.47%), Iron: 3.51mg (19.47%), Copper: 0.33mg (16.47%), Zinc: 2.33mg (15.53%), Vitamin B2: 0.26mg (15.46%), Vitamin B6: 0.27mg (13.66%), Folate: 52.2µg (13.05%), Potassium: 445.76mg (12.74%), Vitamin K: 10.84µg (10.32%), Vitamin B5: 0.99mg (9.93%), Vitamin A: 355.46IU (7.11%), Vitamin E: 0.77mg (5.15%), Vitamin B12: 0.12µg (1.96%)