



Peach-Cereal Bars

READY IN



40 min.

SERVINGS



12

CALORIES



203 kcal

SIDE DISH

Ingredients

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

Equipment

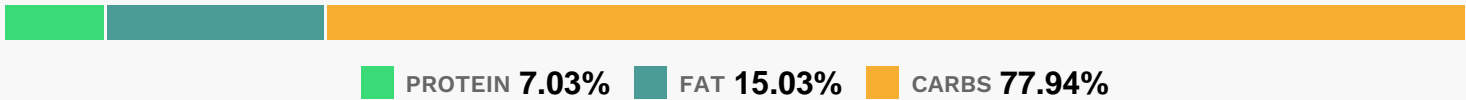
- ☐ bowl
- ☐ frying pan

- ☐ 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:11.06, Glycemic Load:20.59, Inflammation Score:-8, Nutrition Score:13.864782517371%

Nutrients (% of daily need)

Calories: 202.65kcal (10.13%), Fat: 3.68g (5.66%), Saturated Fat: 0.89g (5.56%), Carbohydrates: 42.91g (14.3%), Net Carbohydrates: 38.4g (13.96%), Sugar: 22.94g (25.48%), Cholesterol: 1.23mg (0.41%), Sodium: 174.9mg (7.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.74%), Manganese: 0.75mg (37.34%), Folate: 135.92µg (33.98%), Iron: 6.08mg (33.76%), Vitamin B2: 0.35mg (20.38%), Vitamin B3: 3.82mg (19.1%), Vitamin B12: 1.12µg (18.63%), Fiber: 4.5g (18.01%), Vitamin B1: 0.27mg (17.98%), Vitamin B6: 0.36mg (17.89%), Vitamin A: 851.91IU (17.04%), Selenium: 11.63µg (16.61%), Magnesium: 54.05mg (13.51%), Phosphorus: 133.79mg (13.38%), Zinc: 1.25mg (8.32%), Copper: 0.16mg (8.1%), Potassium: 256.63mg (7.33%), Calcium: 50.72mg (5.07%), Vitamin D: 0.66µg (4.4%), Vitamin B5: 0.35mg (3.55%), Vitamin E: 0.29mg (1.92%), Vitamin K: 1.89µg (1.8%)