



Peanut-Almond Snack Bars

READY IN



72 min.

SERVINGS



16

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 tablespoons butter
- ☐ 2.3 cups cheerios toasted (such as Cheerios)
- ☐ 0.3 teaspoon kosher salt
- ☐ 3 cups marshmallows miniature
- ☐ 1.3 cups oats
- ☐ 0.5 cup peanut butter
- ☐ 1 cup pretzel twists hard crushed
- ☐ 0.3 cup roasted salted

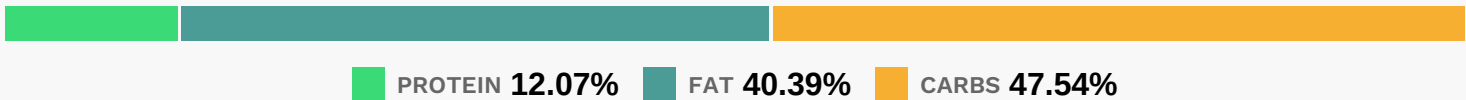
Equipment

- ☐ sauce pan
- ☐ baking pan

Directions

- ☐ Melt butter in a large saucepan over medium heat.
- ☐ Add marshmallows and peanut butter; cook 3 minutes or until smooth, stirring constantly.
- ☐ Remove mixture from heat; stir in cereal and next 4 ingredients (through salt).
- ☐ Working quickly, spread mixture in an 8-inch square metal baking pan coated with cooking spray. Using a wet spoon, spread mixture into an even 1-inch layer; let stand 1 hour or until set.
- ☐ Cut into 16 squares.

Nutrition Facts



Properties

Glycemic Index:15.47, Glycemic Load:7.96, Inflammation Score:-3, Nutrition Score:5.5678261168625%

Nutrients (% of daily need)

Calories: 145.33kcal (7.27%), Fat: 6.8g (10.46%), Saturated Fat: 2.13g (13.33%), Carbohydrates: 18.01g (6%), Net Carbohydrates: 16.58g (6.03%), Sugar: 6.5g (7.22%), Cholesterol: 7.81mg (2.6%), Sodium: 142.9mg (6.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.15%), Manganese: 0.48mg (23.94%), Vitamin B3: 2.1mg (10.52%), Folate: 35.01µg (8.75%), Phosphorus: 79.61mg (7.96%), Iron: 1.43mg (7.96%), Vitamin B1: 0.11mg (7.46%), Magnesium: 28.02mg (7%), Vitamin B6: 0.13mg (6.73%), Selenium: 4.56µg (6.51%), Zinc: 0.95mg (6.35%), Fiber: 1.42g (5.7%), Vitamin E: 0.84mg (5.62%), Copper: 0.09mg (4.31%), Vitamin B12: 0.23µg (3.81%), Potassium: 112.46mg (3.21%), Vitamin A: 152.09IU (3.04%), Vitamin B2: 0.05mg (2.77%), Vitamin B5: 0.24mg (2.37%), Calcium: 19.58mg (1.96%)