



Peanut Butter-Cereal Bars



Dairy Free

READY IN



35 min.

SERVINGS



24

CALORIES



194 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3 cups cornflakes
- ☐ 2 cups corn flakes/bran flakes total® honey clusters®
- ☐ 2 cups pinenuts
- ☐ 0.8 cup creamy peanut butter
- ☐ 0.5 cup plus
- ☐ 2 tablespoons butter
- ☐ 20 large marshmallows

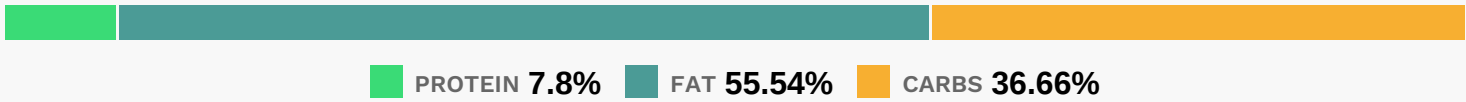
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking spatula

Directions

- ☐ Spray 13x9-inch pan with cooking spray. In large bowl, mix cereals; set aside.
- ☐ In 2-quart saucepan, cook remaining ingredients over low heat, stirring constantly, until marshmallows are melted.
- ☐ Pour over cereal mixture; mix well.
- ☐ Using sprayed rubber scraper, press mixture into pan. Cool slightly. For bars, cut into 6 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:6.91, Glycemic Load:5.6, Inflammation Score:-4, Nutrition Score:9.4395652180133%

Nutrients (% of daily need)

Calories: 194.32kcal (9.72%), Fat: 12.86g (19.79%), Saturated Fat: 1.58g (9.88%), Carbohydrates: 19.11g (6.37%), Net Carbohydrates: 17.57g (6.39%), Sugar: 11.02g (12.24%), Cholesterol: 0mg (0%), Sodium: 98.4mg (4.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.13%), Manganese: 1.23mg (61.69%), Iron: 2.72mg (15.11%), Vitamin B3: 2.75mg (13.77%), Magnesium: 51.08mg (12.77%), Vitamin E: 1.85mg (12.33%), Folate: 45.56µg (11.39%), Phosphorus: 111.29mg (11.13%), Copper: 0.21mg (10.58%), Vitamin B1: 0.15mg (9.78%), Vitamin B2: 0.14mg (8.31%), Vitamin B6: 0.17mg (8.3%), Zinc: 1.17mg (7.77%), Fiber: 1.53g (6.14%), Vitamin K: 6.13µg (5.84%), Vitamin B12: 0.34µg (5.71%), Potassium: 137.13mg (3.92%), Vitamin A: 190.84IU (3.82%), Selenium: 2.6µg (3.71%), Vitamin B5: 0.16mg (1.59%), Vitamin D: 0.24µg (1.57%)