



Peanut Butter Cornflake Crunch Bars

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



178 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup plus light
- 10 cups cornflakes cereal
- 1 cup smooth peanut butter
- 1 cup sugar white

Equipment

- bowl
- baking pan

Directions

- Cook syrup and sugar until mixture comes to a boil. Stir constantly; do not overcook.
- Remove from heat, add peanut butter, and stir until smooth.
- Pour mixture over cornflakes in a large bowl.
- Mix until cereal is thoroughly coated.
- Spread in a buttered 9 x 13 inch pan and press down lightly with buttered hands. When cool, cut into squares.

Nutrition Facts

PROTEIN 6.96% **FAT 26.61%** **CARBS 66.43%**

Properties

Glycemic Index:4.3, Glycemic Load:8.15, Inflammation Score:-4, Nutrition Score:6.4843478785099%

Nutrients (% of daily need)

Calories: 178.12kcal (8.91%), Fat: 5.59g (8.61%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 31.42g (10.47%), Net Carbohydrates: 30.52g (11.1%), Sugar: 21.47g (23.85%), Cholesterol: 0mg (0%), Sodium: 140.06mg (6.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.59%), Iron: 3.56mg (19.79%), Vitamin B3: 3.52mg (17.59%), Vitamin B6: 0.26mg (12.83%), Folate: 50.9µg (12.72%), Vitamin B1: 0.18mg (11.97%), Vitamin B2: 0.2mg (11.73%), Vitamin B12: 0.58µg (9.72%), Manganese: 0.18mg (8.88%), Vitamin E: 0.99mg (6.62%), Magnesium: 22.86mg (5.71%), Phosphorus: 48.34mg (4.83%), Vitamin A: 208.37IU (4.17%), Fiber: 0.9g (3.6%), Copper: 0.07mg (3.44%), Zinc: 0.45mg (3.02%), Vitamin C: 2.45mg (2.97%), Vitamin D: 0.42µg (2.8%), Potassium: 80.54mg (2.3%), Selenium: 1.56µg (2.23%), Vitamin B5: 0.14mg (1.41%)