



Peanut Butter-Crispy Rice Bars

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



91 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup creamy peanut butter
- ☐ 6 cups oven-toasted rice cereal (such as Rice Krispies)
- ☐ 10.5 ounce marshmallows miniature
- ☐ 0.8 cup peanut butter chips
- ☐ 1 tablespoon stick margarine

Equipment

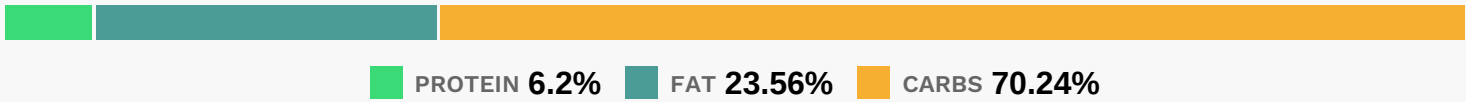
- ☐ bowl
- ☐ baking pan

- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Combine the peanut butter and butter in a large microwave-safe bowl. Microwave at high 45 seconds or until mixture melts.
- ☐ Add marshmallows; microwave at high 1 1/2 minutes or until smooth, stirring every 30 seconds.
- ☐ Add cereal to peanut butter mixture; toss until well-combined. Pat cereal mixture into a 13 x 9-inch baking pan coated with cooking spray.
- ☐ Place peanut butter chips in a small microwave-safe bowl. Microwave at high 30 seconds or until chips melt. Spoon melted chips in a small heavy-duty zip-top plastic bag; seal. Snip a tiny hole in 1 corner of bag; drizzle melted chips over cereal mixture. Cool slightly; cut into 24 pieces.

Nutrition Facts



Properties

Glycemic Index:3.1, Glycemic Load:6.18, Inflammation Score:-3, Nutrition Score:4.6843478656981%

Nutrients (% of daily need)

Calories: 90.58kcal (4.53%), Fat: 2.48g (3.81%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 16.63g (5.54%), Net Carbohydrates: 16.31g (5.93%), Sugar: 8.06g (8.96%), Cholesterol: 0mg (0%), Sodium: 85.71mg (3.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.93%), Manganese: 0.3mg (14.76%), Folate: 53.23µg (13.31%), Iron: 2.34mg (12.99%), Vitamin B3: 1.74mg (8.68%), Vitamin B6: 0.14mg (7.06%), Zinc: 1.03mg (6.89%), Vitamin B2: 0.12mg (6.78%), Vitamin B1: 0.1mg (6.6%), Vitamin B12: 0.38µg (6.3%), Vitamin A: 147.05IU (2.94%), Calcium: 27.29mg (2.73%), Vitamin E: 0.37mg (2.46%), Selenium: 1.68µg (2.4%), Phosphorus: 23.27mg (2.33%), Copper: 0.04mg (2.23%), Magnesium: 8.35mg (2.09%), Vitamin C: 1.5mg (1.82%), Vitamin D: 0.25µg (1.67%), Vitamin B5: 0.14mg (1.38%), Fiber: 0.32g (1.28%)