



Peanut Butter Crispy Rice Treats

READY IN



85 min.

SERVINGS



18

CALORIES



195 kcal

Ingredients

- ☐ 4 cups marshmallows miniature
- ☐ 6 cups rice cereal
- ☐ 0.5 cup roasted peanuts whole
- ☐ 18 servings sea salt flaked
- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 0.5 cup smooth peanut butter
- ☐ 6 tablespoons butter unsalted plus more for greasing

Equipment

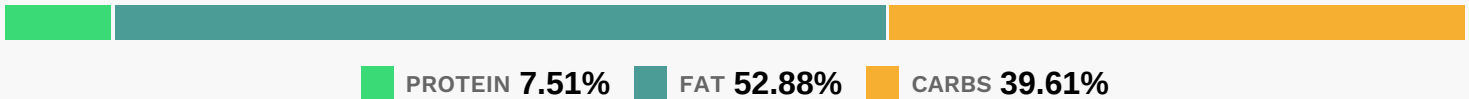
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Lightly butter a 13- by 9-inch baking dish.
- ☐ Melt the butter in a large saucepan over low to medium-low heat until light brown specks start to form and the butter starts to smell nutty, 10 to 12 minutes.
- ☐ Add the marshmallows and stir until completely melted.
- ☐ Remove the pan from the heat and stir in the peanut butter until melted.
- ☐ Add the puffed rice cereal and peanuts. Stir until well coated.
- ☐ Press the mixture evenly into the prepared baking dish. Cool completely.
- ☐ Meanwhile, place the chocolate in a medium heatproof bowl. Microwave in 30 second intervals until the chocolate is melted.
- ☐ Drizzle the chocolate over the cooled crispy rice treats and sprinkle with flaked sea salt if desired.
- ☐ Cut into 18 bars.

Nutrition Facts



Properties

Glycemic Index:4.14, Glycemic Load:5.63, Inflammation Score:-2, Nutrition Score:3.961739178585%

Nutrients (% of daily need)

Calories: 195.37kcal (9.77%), Fat: 11.93g (18.35%), Saturated Fat: 4.84g (30.26%), Carbohydrates: 20.11g (6.7%), Net Carbohydrates: 18.8g (6.84%), Sugar: 9.47g (10.52%), Cholesterol: 10.41mg (3.47%), Sodium: 252.44mg (10.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.42mg (1.81%), Protein: 3.81g (7.62%), Manganese: 0.29mg (14.28%), Vitamin B3: 1.84mg (9.21%), Copper: 0.16mg (8.1%), Magnesium: 32.2mg (8.05%), Phosphorus: 65.72mg (6.57%), Vitamin E: 0.8mg (5.36%), Folate: 21.1µg (5.28%), Fiber: 1.31g (5.23%), Iron: 0.82mg (4.56%), Vitamin B1: 0.05mg (3.5%), Zinc: 0.51mg (3.38%), Potassium: 116.54mg (3.33%), Selenium: 2.02µg (2.88%), Vitamin A: 119.77IU

(2.4%), Vitamin B2: 0.04mg (2.26%), Vitamin B6: 0.04mg (2.24%), Vitamin B5: 0.16mg (1.57%), Calcium: 13.61mg (1.36%)