



Peanut Butter-Filled Chocolate Cereal Bars

READY IN



55 min.

SERVINGS



24

CALORIES



501 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup butter
- 10.5 oz marshmallows miniature
- 4 cups captain crunch peanut butter cereal
- 4 cups kellogg's® cocoa cereal
- 0.5 cup butter softened
- 0.5 cup creamy peanut butter
- 2 cups powdered sugar
- 2 teaspoons milk
- 6 oz semi chocolate chips

- 0.3 cup butter
- 1 cup peanut butter candy pieces

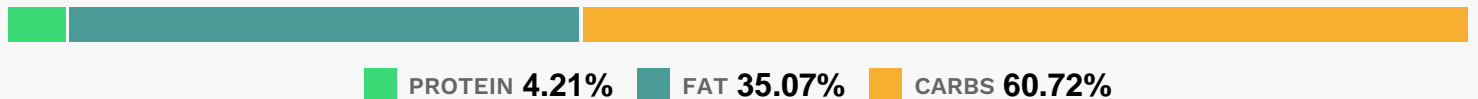
Equipment

- bowl
- frying pan
- hand mixer
- microwave

Directions

- Spray 13x9-inch pan with cooking spray. In large microwavable bowl, microwave 1/4 cup butter uncovered on High 30 to 45 seconds or until melted.
- Add marshmallows; toss until coated. Microwave uncovered on High 1 minute 15 seconds to 1 minute 45 seconds, stirring every 30 seconds, until mixture can be stirred smooth. Stir in cereals. Press evenly in pan.
- In medium bowl, beat filling ingredients with electric mixer on medium speed until smooth.
- Spread filling evenly over base.
- In small microwavable bowl, microwave chocolate chips and 1/4 cup butter uncovered on High 30 to 60 seconds or until mixture can be stirred smooth.
- Spread over filling.
- Sprinkle with peanut butter pieces. Refrigerate about 30 minutes or until set. For bars, cut into 6 rows by 4 rows. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:6.85, Glycemic Load:8.55, Inflammation Score:-8, Nutrition Score:18.9878260882%

Nutrients (% of daily need)

Calories: 500.69kcal (25.03%), Fat: 17.56g (27.01%), Saturated Fat: 6.5g (40.64%), Carbohydrates: 68.38g (22.79%), Net Carbohydrates: 65.51g (23.82%), Sugar: 44.03g (48.93%), Cholesterol: 0.48mg (0.16%), Sodium: 464.36mg (20.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.46mg (2.15%), Protein: 4.74g (9.48%), Folate: 615.52µg (153.88%), Zinc: 7.83mg (52.19%), Vitamin B1: 0.77mg (51.08%), Vitamin B3: 9.67mg (48.37%), Vitamin B2: 0.75mg (44.34%), Vitamin B6: 0.88mg (43.88%), Manganese: 0.28mg (14.12%), Fiber: 2.87g (11.49%), Vitamin A: 453.66IU (9.07%), Iron: 1.62mg (8.98%), Copper: 0.16mg (8.24%), Magnesium: 32.57mg (8.14%), Phosphorus: 69.77mg (6.98%), Vitamin E: 0.94mg (6.3%), Vitamin B12: 0.37µg (6.15%), Potassium: 193.38mg (5.53%), Calcium: 38.46mg (3.85%), Selenium: 1.55µg (2.21%), Vitamin C: 1.35mg (1.64%), Vitamin B5: 0.16mg (1.59%), Vitamin D: 0.23µg (1.51%), Vitamin K: 1.12µg (1.06%)