

Peanut Butter Fudge Crunch Bars



Dairy Free

READY IN



11 min.

SERVINGS



12

CALORIES



203 kcal

DESSERT

Ingredients

- ☐ 3.5 oz a half cup of chocolate chips divided (use)
- ☐ 1.5 cups rice krispy cereal
- ☐ 8 oz peanut butter
- ☐ 0.8 cup powdered sugar to taste ()
- ☐ 0.1 teaspoon salt

Equipment

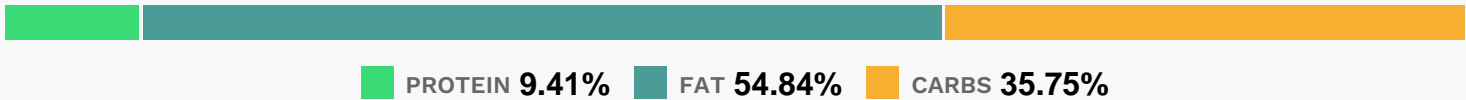
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ knife
- ☐ loaf pan
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Line a 9×5 inch loaf pan with non-stick foil or regular foil. If using regular foil, spray it with cooking spray. In a medium saucepan, melt 1 1/2 oz chocolate (or 1/4 cup chips) with 1/2 tablespoon of the butter. Stir in 1/2 cup of the peanut butter. When well mixed, stir in 1 cup cereal.
- ☐ Spread in bottom of pan and chill for 15 minutes or until firm. Clean out saucepan and set over medium heat.
- ☐ Add 1 stick (4 oz) of butter and salt. Cook over medium until melted, then stir in remaining 1/2 cup of peanut butter. When smooth, stir in powdered sugar to taste.
- ☐ Pour a little less than half of the peanut butter mixture over the chocolate crispy mixture.
- ☐ Sprinkle remaining 1/2 cup of cereal over peanut butter mixture, pressing it gently into peanut butter mixture. In a microwave-safe bowl, melt remaining 2 oz chocolate.
- ☐ Add melted chocolate to peanut butter mixture and carefully spread over Rice Krispies. This part is a little tricky, as the Rice Krispies want to go with the chocolate peanut butter mixture. Chill until set. Lift from pan and cut with a big knife. Makes 8-12, depending on how you cut

Nutrition Facts



Properties

Glycemic Index:1.17, Glycemic Load:0.46, Inflammation Score:-3, Nutrition Score:6.8626087230185%

Nutrients (% of daily need)

Calories: 202.54kcal (10.13%), Fat: 12.89g (19.83%), Saturated Fat: 3.75g (23.42%), Carbohydrates: 18.91g (6.3%), Net Carbohydrates: 17.27g (6.28%), Sugar: 12.62g (14.03%), Cholesterol: 0.5mg (0.17%), Sodium: 133.58mg (5.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.11mg (2.37%), Protein: 4.97g (9.95%), Manganese: 0.51mg

(25.39%), Vitamin B3: 3.21mg (16.04%), Magnesium: 47.51mg (11.88%), Vitamin E: 1.78mg (11.88%), Iron: 1.98mg (10.99%), Folate: 41.26µg (10.32%), Copper: 0.19mg (9.59%), Phosphorus: 90.56mg (9.06%), Zinc: 1.17mg (7.79%), Vitamin B6: 0.15mg (7.46%), Fiber: 1.64g (6.54%), Vitamin B2: 0.1mg (5.62%), Vitamin B1: 0.08mg (5.04%), Potassium: 159.98mg (4.57%), Vitamin B12: 0.2µg (3.39%), Selenium: 2.18µg (3.11%), Vitamin B5: 0.27mg (2.75%), Calcium: 26.96mg (2.7%), Vitamin A: 66.64IU (1.33%)