



## Peanut Butter No-Bakes

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



40 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.5 cup brown sugar packed
- 2.5 cups rice cereal crispy
- 0.3 cup evaporated milk
- 0.5 cup peanut butter

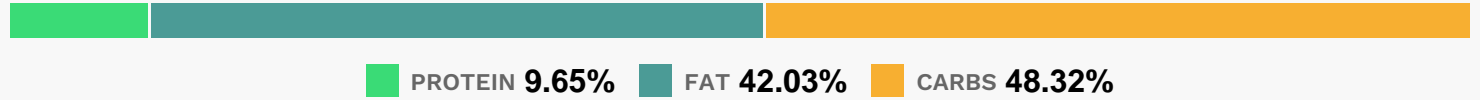
### Equipment

- sauce pan
- aluminum foil

## Directions

- In a medium saucepan, stir together brown sugar, peanut butter and evaporated milk. Bring to boil, stirring constantly, until brown sugar is dissolved and peanut butter is melted.
- Remove from heat. Stir in crisp rice cereal. Drop by rounded teaspoons onto waxed paper or foil. Cool until firm.

## Nutrition Facts



## Properties

Glycemic Index:0.39, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:0.92478260827129%

## Nutrients (% of daily need)

Calories: 40.33kcal (2.02%), Fat: 1.98g (3.04%), Saturated Fat: 0.45g (2.79%), Carbohydrates: 5.11g (1.7%), Net Carbohydrates: 4.92g (1.79%), Sugar: 3.52g (3.91%), Cholesterol: 0.51mg (0.17%), Sodium: 18.15mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.04%), Manganese: 0.05mg (2.73%), Vitamin B3: 0.53mg (2.64%), Vitamin E: 0.33mg (2.2%), Magnesium: 7.14mg (1.78%), Phosphorus: 17.35mg (1.74%), Folate: 5.25µg (1.31%)