



Peanut Butter-RITZ Squares

 Dairy Free

READY IN



55 min.

SERVINGS



55

CALORIES



55 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 cup crunchy peanut butter
- 1 cup marshmallow crème jet-puffed
- 1.5 cups ritz crackers crushed
- 0.5 cup semi-sweet chocolate chips miniature
- 1 oz baker's semi-sweet chocolate melted

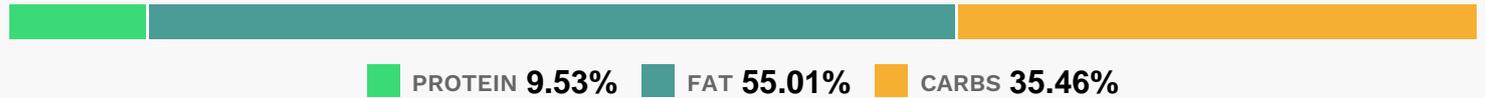
Equipment

- bowl
- frying pan

Directions

- Mix marshmallow creme and peanut butter in medium bowl until well blended. Stir in cracker crumbs and chocolate chips.
- Press crumb mixture lightly into 9-inch square pan sprayed with cooking spray; drizzle with chocolate.
- Let stand at room temperature 30 min. before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.4830434795307%

Nutrients (% of daily need)

Calories: 54.99kcal (2.75%), Fat: 3.53g (5.43%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 4.54g (1.65%), Sugar: 2.72g (3.02%), Cholesterol: 0.13mg (0.04%), Sodium: 37.44mg (1.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.75%), Manganese: 0.12mg (6.06%), Vitamin B3: 0.74mg (3.7%), Magnesium: 11.52mg (2.88%), Copper: 0.06mg (2.77%), Phosphorus: 24.91mg (2.49%), Vitamin E: 0.37mg (2.43%), Fiber: 0.58g (2.33%), Iron: 0.3mg (1.64%), Potassium: 48.84mg (1.4%), Folate: 5.49µg (1.37%), Zinc: 0.2mg (1.31%), Vitamin B6: 0.02mg (1.07%)