



Pretzel Potato Chip Monsters

READY IN



45 min.

SERVINGS



24

CALORIES



306 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 0.3 cup brown sugar
- ☐ 336 grams jar creamy peanut butter i used central market natural
- ☐ 3 large eggs
- ☐ 190 grams granulated sugar
- ☐ 275 grams brown sugar light packed
- ☐ 4.5 cups cooking oatmeal quick
- ☐ 1 cup potato chips - kettle chips work with thin thick well
- ☐ 2 cups pretzels mini

- ☐ 2 ml salt
- ☐ 0.5 cup semi-sweet chocolate chips
- ☐ 1 stick butter unsalted softened ()
- ☐ 2 ml vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F. Line a 13×9 inch metal pan or a rimmed cookie sheet with parchment. Chop the pretzels in halves and thirds with a chef's knife. Don't worry about chopping them too small – I left some of mine whole.
- ☐ Mix the pretzels and chips together in a bowl. If you're using really big, thick chips, break them up a little. Melt the 4 T. butter in a small saucepan and when melted, add the brown sugar. Stir well and cook for a minute, then quickly pour over pretzel/chip mixture and toss to coat.
- ☐ Spread mixture on your lined cookie sheet and bake for 8 minutes.
- ☐ Let cool, then break up into pieces. Cream the butter and both sugars in a large bowl using an electric mixer. Beat in the peanut butter, vanilla, eggs, salt. Beat well and scrape sides of bowl. Stir in the baking soda, oats, M&Ms, chocolate chips and 1 big cup of pretzel mixture, break it up slightly if you want. Also, add more if you want. Scoop up quarter cups of dough and mold them into balls. Press lightly to make thick discs.
- ☐ Bake for 12-15 minutes or until they look done (edges will brown very slightly).
- ☐ Let stand on cookie sheet for 3 minutes, then transfer to a rack to cool. Not sure of yield.

Nutrition Facts



 PROTEIN **7.87%**  FAT **42.84%**  CARBS **49.29%**

Properties

Glycemic Index:9.48, Glycemic Load:12.86, Inflammation Score:-3, Nutrition Score:7.2926086705664%

Nutrients (% of daily need)

Calories: 305.83kcal (15.29%), Fat: 15.05g (23.16%), Saturated Fat: 5.11g (31.96%), Carbohydrates: 38.98g (12.99%), Net Carbohydrates: 36.94g (13.43%), Sugar: 24.36g (27.07%), Cholesterol: 33.59mg (11.2%), Sodium: 307.9mg (13.39%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Caffeine: 3.14mg (1.05%), Protein: 6.22g (12.44%), Manganese: 0.6mg (30.22%), Vitamin E: 1.91mg (12.71%), Vitamin B3: 2.53mg (12.67%), Magnesium: 48.15mg (12.04%), Phosphorus: 118.64mg (11.86%), Copper: 0.17mg (8.39%), Selenium: 5.8µg (8.29%), Fiber: 2.04g (8.18%), Iron: 1.43mg (7.94%), Folate: 30.98µg (7.74%), Zinc: 1.09mg (7.25%), Potassium: 215.94mg (6.17%), Vitamin B1: 0.09mg (6.15%), Vitamin B5: 0.59mg (5.91%), Vitamin B2: 0.09mg (5.44%), Vitamin B6: 0.11mg (5.29%), Calcium: 31.76mg (3.18%), Vitamin A: 153.23IU (3.06%), Vitamin K: 1.75µg (1.67%), Vitamin D: 0.2µg (1.3%), Vitamin B12: 0.07µg (1.17%), Vitamin C: 0.9mg (1.1%)