



Puppy Chow

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup creamy peanut butter
- 8 cups oven-toasted rice cereal squares
- 0.5 cup powdered sugar
- 4 oz baker's semi-sweet chocolate

Equipment

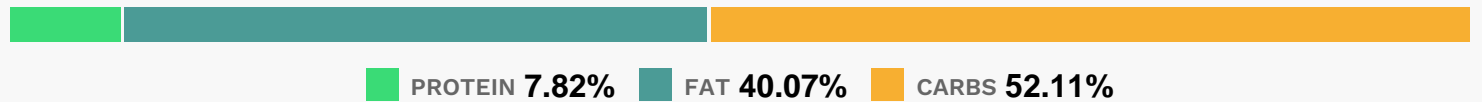
- bowl
- baking sheet
- ziploc bags

microwave

Directions

- Microwave peanut butter and chocolate in large microwaveable bowl on HIGH 1-1/2 min.; stir until chocolate is completely melted and mixture is well blended.
- Add cereal; toss to evenly coat.
- Spread into single layer on waxed paper-covered baking sheets; separate cereal pieces. Cool completely.
- Transfer cereal mixture to clean brown paper bag or large resealable plastic bag.
- Add sugar; close bag. Shake gently to evenly coat cereal mixture with sugar.

Nutrition Facts



Properties

Glycemic Index:0.56, Glycemic Load:0.13, Inflammation Score:-4, Nutrition Score:6.6704348131366%

Nutrients (% of daily need)

Calories: 98.8kcal (4.94%), Fat: 4.54g (6.98%), Saturated Fat: 1.56g (9.77%), Carbohydrates: 13.28g (4.43%), Net Carbohydrates: 12.49g (4.54%), Sugar: 5.25g (5.83%), Cholesterol: 0.27mg (0.09%), Sodium: 92.54mg (4.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.9mg (1.3%), Protein: 1.99g (3.98%), Manganese: 0.45mg (22.26%), Iron: 3.25mg (18.08%), Folate: 68.46µg (17.11%), Vitamin B3: 2.32mg (11.61%), Zinc: 1.45mg (9.68%), Vitamin B6: 0.18mg (9.21%), Vitamin B2: 0.15mg (8.87%), Vitamin B1: 0.13mg (8.58%), Vitamin B12: 0.49µg (8.19%), Copper: 0.1mg (5.05%), Magnesium: 19.3mg (4.82%), Phosphorus: 42.07mg (4.21%), Calcium: 37.33mg (3.73%), Vitamin E: 0.53mg (3.51%), Selenium: 2.3µg (3.29%), Vitamin A: 162.28IU (3.25%), Fiber: 0.78g (3.13%), Vitamin C: 1.92mg (2.32%), Vitamin D: 0.32µg (2.13%), Potassium: 71.11mg (2.03%), Vitamin B5: 0.2mg (1.95%)