



Rocky Road Crunch Bars

READY IN



15 min.

SERVINGS



24

CALORIES



261 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp butter
- 0.3 cup honey
- 4 cups marshmallows jet-puffed miniature
- 6 cups honey-flavored multi-grain cereal flakes with oat clusters
- 1 cup planters cocktail peanuts chopped
- 4 squares baker's semi-sweet chocolate chopped

Equipment

- bowl

- frying pan
- aluminum foil
- microwave

Directions

- Microwave honey and butter in large microwaveable bowl on HIGH 1 min.; stir until well blended.
- Add marshmallows; toss to coat. Microwave 1-1/2 min. or until marshmallows are puffed; stir until well blended.
- Add remaining ingredients; mix well.
- Press cereal mixture firmly into greased foil-lined 13x9-inch pan. Cool.
- Cut into 24 bars.

Nutrition Facts



Properties

Glycemic Index:10.28, Glycemic Load:21.47, Inflammation Score:-4, Nutrition Score:11.849565428803%

Nutrients (% of daily need)

Calories: 261.23kcal (13.06%), Fat: 7.88g (12.12%), Saturated Fat: 2.54g (15.87%), Carbohydrates: 39.56g (13.19%), Net Carbohydrates: 35.04g (12.74%), Sugar: 12.99g (14.43%), Cholesterol: 2.82mg (0.94%), Sodium: 282.43mg (12.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.01mg (1.34%), Protein: 9.33g (18.65%), Manganese: 1.49mg (74.48%), Selenium: 16.28µg (23.26%), Vitamin B1: 0.27mg (18.26%), Vitamin B3: 3.64mg (18.2%), Fiber: 4.52g (18.07%), Magnesium: 65.48mg (16.37%), Phosphorus: 162.27mg (16.23%), Copper: 0.26mg (12.82%), Iron: 2.09mg (11.59%), Calcium: 106.57mg (10.66%), Folate: 39.65µg (9.91%), Zinc: 1.31mg (8.72%), Vitamin B6: 0.15mg (7.6%), Vitamin B2: 0.11mg (6.53%), Potassium: 222.74mg (6.36%), Vitamin B5: 0.53mg (5.32%), Vitamin K: 5.03µg (4.79%), Vitamin E: 0.37mg (2.5%)