



Salted Peanut Chews

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.7 cup firmly brown sugar light packed
- ☐ 0.3 cup butter
- ☐ 0.5 cup butter softened
- ☐ 0.7 cup plus light
- ☐ 2 cups rice cereal crisp
- ☐ 2 egg yolks

- ☐ 1.5 cups flour all-purpose
- ☐ 3 cups marshmallows miniature
- ☐ 10 ounce peanut butter morsels
- ☐ 2 cups roasted peanuts salted
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Combine first 8 ingredients in a large mixing bowl; beat at low speed with an electric mixer until crumbly. Press into an ungreased 13" x 9" pan.
- ☐ Bake at 350 for 12 to 15 minutes or until lightly browned.
- ☐ Sprinkle with marshmallows; bake 1 to 2 more minutes or until marshmallows begin to puff. Cool in pan on a wire rack.
- ☐ Combine peanut butter morsels and next 3 ingredients in a large saucepan; cook over low heat until smooth, stirring constantly.
- ☐ Remove from heat; stir in cereal and peanuts.
- ☐ Spread cereal mixture over marshmallows. Cool completely in pan on wire rack.
- ☐ Cut into bars.

Nutrition Facts



 PROTEIN **9.36%**  FAT **51.88%**  CARBS **38.76%**

Properties

Glycemic Index:7.24, Glycemic Load:6.05, Inflammation Score:-3, Nutrition Score:4.5947825635743%

Nutrients (% of daily need)

Calories: 201.72kcal (10.09%), Fat: 12.16g (18.7%), Saturated Fat: 2.31g (14.42%), Carbohydrates: 20.43g (6.81%), Net Carbohydrates: 19.17g (6.97%), Sugar: 12.09g (13.43%), Cholesterol: 10.8mg (3.6%), Sodium: 168.34mg (7.32%), Alcohol: 0.11g (100%), Alcohol %: 0.34% (100%), Protein: 4.94g (9.87%), Manganese: 0.35mg (17.32%), Vitamin B3: 2.61mg (13.07%), Folate: 29.71µg (7.43%), Magnesium: 29.15mg (7.29%), Phosphorus: 71.66mg (7.17%), Vitamin E: 0.89mg (5.96%), Vitamin B1: 0.09mg (5.87%), Copper: 0.1mg (5.18%), Selenium: 3.53µg (5.04%), Fiber: 1.26g (5.04%), Iron: 0.67mg (3.7%), Vitamin A: 183.58IU (3.67%), Potassium: 123.41mg (3.53%), Vitamin B2: 0.06mg (3.4%), Vitamin B6: 0.06mg (3.19%), Zinc: 0.46mg (3.09%), Vitamin B5: 0.26mg (2.59%), Calcium: 23.2mg (2.32%)