



## Salted Pretzel-Marshmallow Bars

READY IN



60 min.

SERVINGS



16

CALORIES



234 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 2 large eggs lightly beaten
- ☐ 1.3 cups flour all-purpose
- ☐ 1 teaspoon kosher salt
- ☐ 1.5 cups brown sugar light packed
- ☐ 8 marshmallows halved
- ☐ 0.3 cup peanut butter chips
- ☐ 1.5 cups broken pretzel pieces
- ☐ 0.3 cup semi chocolate chips

- ☐ 1 stick butter unsalted
- ☐ 2 teaspoons vanilla extract
- ☐ 1 teaspoon vegetable oil

## Equipment

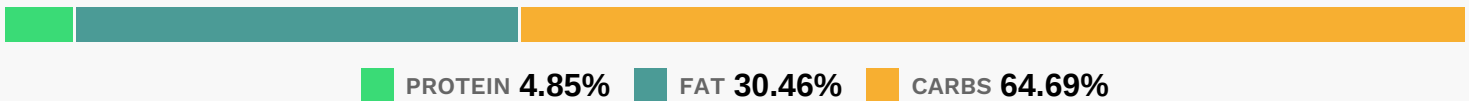
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ toothpicks
- ☐ aluminum foil
- ☐ broiler
- ☐ microwave

## Directions

- ☐ Position a rack in the middle of the oven and preheat to 350 degrees F. Line a 9-inch-square baking pan with aluminum foil, leaving a 2-inch overhang on all sides. Lightly spray the foil with cooking spray.
- ☐ Pulse 1 cup pretzel pieces in a food processor until finely ground (you should have about 1/2 cup crumbs).
- ☐ Transfer to a bowl.
- ☐ Whisk in the flour, baking powder and salt.
- ☐ Melt the butter in a saucepan over medium heat.
- ☐ Remove from the heat and stir in the brown sugar.
- ☐ Let cool slightly, then stir in the eggs and vanilla. Stir the pretzel crumb mixture into the butter mixture in two additions.

- ☐ Spread the batter in the prepared pan. Scatter the remaining 1/2 cup pretzel pieces on top.
- ☐ Bake until golden and a toothpick inserted into the center comes out clean with a few crumbs, 25 to 30 minutes.
- ☐ Let cool completely in the pan on a rack, then lift the foil to remove the bars from the pan and transfer to a baking sheet.
- ☐ Preheat the broiler. Press the marshmallow halves, cut-side down, in even rows on top of the bars. Broil, rotating the baking sheet as needed, until the marshmallows are golden brown, 1 to 2 minutes; let cool.
- ☐ Put the peanut butter chips and 1/2 teaspoon vegetable oil in a microwave-safe bowl and microwave in 30-second intervals, stirring, until melted and smooth. Repeat with the chocolate chips and the remaining 1/2 teaspoon vegetable oil in another bowl.
- ☐ Drizzle the melted peanut butter and chocolate mixtures over the bars.
- ☐ Let harden at room temperature or chill to set before cutting.

## Nutrition Facts



## Properties

Glycemic Index:19.41, Glycemic Load:12, Inflammation Score:-2, Nutrition Score:3.9952173777249%

## Nutrients (% of daily need)

Calories: 233.84kcal (11.69%), Fat: 8g (12.31%), Saturated Fat: 4.53g (28.33%), Carbohydrates: 38.25g (12.75%), Net Carbohydrates: 37.5g (13.64%), Sugar: 23.34g (25.93%), Cholesterol: 38.6mg (12.87%), Sodium: 296.84mg (12.91%), Alcohol: 0.17g (100%), Alcohol %: 0.35% (100%), Protein: 2.87g (5.73%), Manganese: 0.19mg (9.55%), Selenium: 6.17µg (8.82%), Folate: 34.84µg (8.71%), Vitamin B1: 0.11mg (7.49%), Iron: 1.28mg (7.13%), Vitamin B2: 0.11mg (6.23%), Vitamin B3: 1.03mg (5.15%), Phosphorus: 50.88mg (5.09%), Calcium: 49.83mg (4.98%), Vitamin A: 211.65IU (4.23%), Copper: 0.08mg (4%), Magnesium: 12.26mg (3.06%), Fiber: 0.75g (2.99%), Potassium: 81.89mg (2.34%), Zinc: 0.32mg (2.11%), Vitamin B5: 0.21mg (2.08%), Vitamin E: 0.31mg (2.07%), Vitamin D: 0.23µg (1.54%), Vitamin B6: 0.03mg (1.52%), Vitamin K: 1.47µg (1.4%), Vitamin B12: 0.07µg (1.21%)