



## Salty Nutty Peanut Bars

READY IN



130 min.

SERVINGS



60

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 pouch peanut butter sandwich cookie crumbs (1 lb 1.5 oz)
- ☐ 3 tablespoons vegetable oil
- ☐ 1 tablespoon water
- ☐ 1 eggs
- ☐ 2 cups roasted peanuts
- ☐ 10 oz marshmallows miniature
- ☐ 0.5 cup butter
- ☐ 0.5 cup peanut butter
- ☐ 14 oz condensed milk sweetened canned (not evaporated)

- ☐ 10 oz peanut butter chips ()
- ☐ 2 cups roasted peanuts

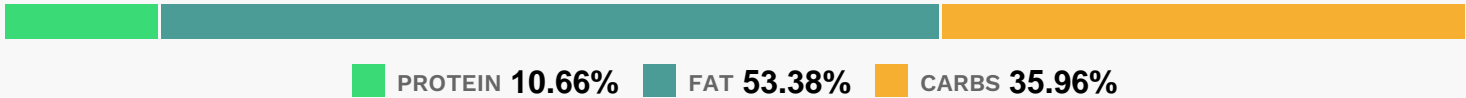
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

## Directions

- ☐ Heat oven to 350°F. Spray bottom and sides of 13x9-inch pan with cooking spray. In large bowl, stir all cookie base ingredients except peanuts until soft dough forms. Press dough in bottom of pan.
- ☐ Sprinkle evenly with 2 cups peanuts; press lightly into dough.
- ☐ Bake 12 to 15 minutes until light golden brown. Cool 30 minutes.
- ☐ In 3-quart saucepan, heat marshmallows and butter over medium-low heat, stirring frequently, until melted. Stir in peanut butter, milk and peanut butter chips until smooth.
- ☐ Immediately pour marshmallow mixture over cookie base; spread evenly.
- ☐ Sprinkle evenly with 2 cups peanuts; press gently into marshmallow mixture. Refrigerate about 1 hour or until firm. For bars, cut into 10 rows by 6 rows. Store covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:2.26, Glycemic Load:4.57, Inflammation Score:-2, Nutrition Score:3.3069565198992%

## Nutrients (% of daily need)

Calories: 161.54kcal (8.08%), Fat: 10.06g (15.47%), Saturated Fat: 2.06g (12.85%), Carbohydrates: 15.25g (5.08%), Net Carbohydrates: 13.98g (5.08%), Sugar: 9.8g (10.88%), Cholesterol: 4.98mg (1.66%), Sodium: 150.35mg (6.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.04%), Manganese: 0.26mg (13.09%), Vitamin B3: 1.76mg (8.79%), Phosphorus: 63.96mg (6.4%), Magnesium: 21.95mg (5.49%), Fiber: 1.27g (5.08%), Copper: 0.08mg

(3.98%), Folate: 15.25µg (3.81%), Potassium: 114.24mg (3.26%), Calcium: 30.7mg (3.07%), Selenium: 2.1µg (3%), Vitamin B1: 0.04mg (2.69%), Vitamin B2: 0.04mg (2.59%), Iron: 0.4mg (2.23%), Vitamin B5: 0.22mg (2.21%), Vitamin E: 0.33mg (2.19%), Zinc: 0.32mg (2.15%), Vitamin B6: 0.04mg (1.97%), Vitamin A: 89.29IU (1.79%), Vitamin K: 1.3µg (1.24%)