



## S'mores Chewy Crispy Bars

READY IN



45 min.

SERVINGS



20

CALORIES



129 kcal

DESSERT

### Ingredients

- 2 tablespoons butter
- 6 cups rice cereal
- 0.5 cup graham cracker crumbs
- 10 ounce marshmallows
- 0.5 cup semisweet chocolate minichips

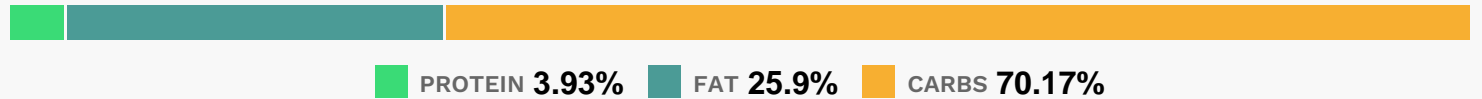
### Equipment

- frying pan
- broiler

## Directions

- Char marshmallows under broiler for 2 minutes; melt marshmallows and butter over medium-low heat. Stir graham cracker crumbs and semisweet chocolate minichips into melted marshmallows.
- Add cereal; toss well to combine. Press cereal mixture into a 13 x 9-inch pan coated with cooking spray.

## Nutrition Facts



## Properties

Glycemic Index:9.23, Glycemic Load:8.1, Inflammation Score:-4, Nutrition Score:5.8443477490674%

## Nutrients (% of daily need)

Calories: 128.64kcal (6.43%), Fat: 3.79g (5.84%), Saturated Fat: 2.1g (13.15%), Carbohydrates: 23.12g (7.71%), Net Carbohydrates: 22.4g (8.14%), Sugar: 11.47g (12.74%), Cholesterol: 3.36mg (1.12%), Sodium: 100.3mg (4.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.09mg (1.7%), Protein: 1.29g (2.59%), Manganese: 0.37mg (18.47%), Iron: 3.19mg (17.73%), Folate: 61.17µg (15.29%), Zinc: 1.33mg (8.87%), Vitamin B3: 1.64mg (8.2%), Vitamin B2: 0.14mg (8.13%), Vitamin B1: 0.12mg (7.97%), Vitamin B12: 0.47µg (7.76%), Vitamin B6: 0.15mg (7.72%), Copper: 0.11mg (5.46%), Vitamin A: 187.96IU (3.76%), Calcium: 36.06mg (3.61%), Magnesium: 14.39mg (3.6%), Selenium: 2.34µg (3.34%), Phosphorus: 33.08mg (3.31%), Fiber: 0.72g (2.88%), Vitamin C: 1.8mg (2.18%), Vitamin D: 0.3µg (2%), Potassium: 53.53mg (1.53%), Vitamin B5: 0.14mg (1.39%)