



## S'mores Peanut Butter Bars

READY IN



80 min.

SERVINGS



24

CALORIES



187 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- ☐ 1 pouch peanut butter sandwich cookie crumbs (1 lb 1.5 oz)
- ☐ 1 serving vegetable oil for in cookie mix directions
- ☐ 16 oz chocolate frosting
- ☐ 2 cups marshmallows miniature
- ☐ 2 cups golden beets

## Equipment

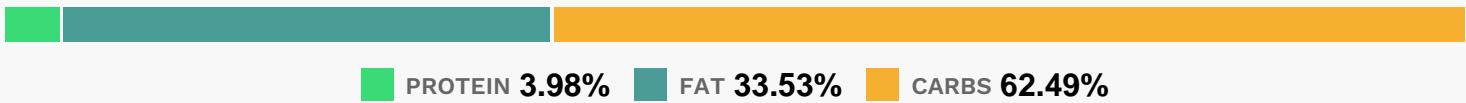
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ microwave

## Directions

- ☐ Heat oven to 350°F. Make cookie dough as directed on pouch. Press dough into ungreased 13x9-inch pan.
- ☐ Bake 16 to 18 minutes or until golden brown around edges.
- ☐ Spoon frosting into microwavable bowl. Microwave uncovered on High 15 to 20 seconds; stir frosting until smooth. Reserve 1/4 cup.
- ☐ Pour remaining frosting over warm bars.
- ☐ Sprinkle marshmallows and cereal over frosting.
- ☐ Bake 3 to 5 minutes longer or until marshmallows are puffed. Cool 15 minutes.
- ☐ Drizzle reserved frosting over bars. Cool completely, about 30 minutes. For bars, cut into 6 rows by 4 rows.

## Nutrition Facts



## Properties

Glycemic Index:5.19, Glycemic Load:2.54, Inflammation Score:-1, Nutrition Score:1.3647826093694%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 186.88kcal (9.34%), Fat: 7.26g (11.17%), Saturated Fat: 1.88g (11.73%), Carbohydrates: 30.44g (10.15%), Net Carbohydrates: 29.21g (10.62%), Sugar: 22.19g (24.65%), Cholesterol: 0mg (0%), Sodium: 216.52mg (9.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.88%), Fiber: 1.23g (4.92%), Manganese: 0.08mg (4.15%), Iron: 0.64mg (3.53%), Folate: 12.58µg (3.15%), Copper: 0.05mg (2.52%), Vitamin E: 0.35mg (2.31%), Potassium: 74.08mg (2.12%), Phosphorus: 19.8mg (1.98%), Magnesium: 6.66mg (1.66%), Vitamin K: 1.1µg (1.04%)