



## S'mores Peanut Butter Bars

READY IN



80 min.

SERVINGS



24

CALORIES



311 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- ☐ 2 cups corn flakes/bran flakes
- ☐ 1 container chocolate frosting
- ☐ 2 cups marshmallows miniature
- ☐ 1 pouch peanut butter sandwich cookie crumbs (1 lb 1.5 oz)
- ☐ 24 servings vegetable oil for in cookie mix directions

## Equipment

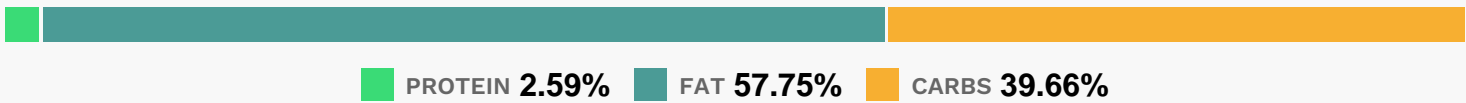
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ microwave

## Directions

- ☐ Heat oven to 350F. 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:5.53, Glycemic Load:3.54, Inflammation Score:-2, Nutrition Score:4.1243478280047%

## Nutrients (% of daily need)

Calories: 311.45kcal (15.57%), Fat: 20.72g (31.88%), Saturated Fat: 3.93g (24.58%), Carbohydrates: 32.02g (10.67%), Net Carbohydrates: 30.5g (11.09%), Sugar: 22.03g (24.48%), Cholesterol: 0mg (0%), Sodium: 225.63mg (9.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Vitamin K: 25.79µg (24.56%), Vitamin E: 1.47mg (9.77%), Manganese: 0.16mg (8.23%), Iron: 1.48mg (8.22%), Fiber: 1.52g (6.09%), Folate: 22.46µg (5.62%), Vitamin B1: 0.05mg (3.06%), Phosphorus: 30.21mg (3.02%), Vitamin B2: 0.05mg (2.94%), Copper: 0.06mg (2.92%), Magnesium: 11.68mg (2.92%), Vitamin B3: 0.58mg (2.91%), Vitamin B6: 0.06mg (2.89%), Selenium: 1.97µg (2.82%), Vitamin B12: 0.17µg (2.78%), Vitamin A: 83.52IU (1.67%), Potassium: 54.97mg (1.57%), Zinc: 0.22mg (1.49%)