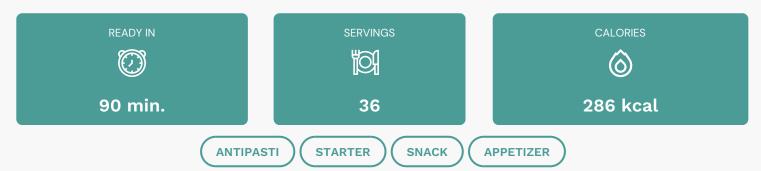


# **Snow Covered Crunch Bars**

🗿 Dairy Free



## Ingredients

- 17.5 oz sugar cookie mix
- 1 cup butter softened
- 1 eggs
- 12 oz semi chocolate chips (2 cups)
- 2.5 cups peanut butter
- 6 cups rice chex
  - 0.5 cup powdered sugar

## Equipment

	bowl
	oven
	baking pan
	ziploc bags
	microwave
Directions	
	Heat oven to 375°F. Spray 13x9-inch baking pan with cooking spray. In large bowl, stir cookie mix, 1/2 cup butter and egg until soft dough forms. Press dough in bottom of pan.
	Bake 10 to 12 minutes or until edges are light golden brown. Cool 15 minutes.
	In large microwavable bowl, microwave chocolate chips and the remaining 1/2 cup butter on High about 1 1/2 minutes, stirring after 1 minute, until melted and smooth.
	Add peanut butter; mix until well blended.
	Place cereal in 1-gallon resealable food-storage plastic bag. Using your hands, gently break cereal into small pieces. Gently stir cereal into chocolate mixture until cereal is coated.
	Spread cereal mixture evenly over cookie crust; gently press.
	Sprinkle with powdered sugar. Refrigerate about 1 hour or until bars are set. For bars, cut into 6 rows by 6 rows. Store covered at room temperature.

### **Nutrition Facts**

PROTEIN 7.6% FAT 57.37% CARBS 35.03%

### **Properties**

Glycemic Index:0.39, Glycemic Load:0.44, Inflammation Score:-5, Nutrition Score:7.976956512617%

#### Nutrients (% of daily need)

Calories: 286.27kcal (14.31%), Fat: 18.8g (28.92%), Saturated Fat: 5.01g (31.28%), Carbohydrates: 25.82g (8.61%), Net Carbohydrates: 24.12g (8.77%), Sugar: 13.74g (15.27%), Cholesterol: 5.11mg (1.7%), Sodium: 214.82mg (9.34%), Alcohol: Og (100%), Alcohol %: O% (100%), Caffeine: 8.13mg (2.71%), Protein: 5.6g (11.2%), Manganese: O.55mg (27.47%), Vitamin B3: 3.35mg (16.76%), Iron: 2.48mg (13.76%), Folate: 51.6µg (12.9%), Vitamin E: 1.91mg (12.75%), Magnesium: 48.6mg (12.15%), Copper: O.21mg (10.29%), Phosphorus: 95.84mg (9.58%), Zinc: 1.35mg (8.98%), Vitamin B6: O.17mg (8.43%), Vitamin B2: O.12mg (7.28%), Fiber: 1.71g (6.82%), Vitamin B1: O.1mg (6.65%), Vitamin A: 320.21IU (6.4%), Potassium: 167.46mg (4.78%), Vitamin B12: O.29µg (4.76%), Selenium: 2.8µg (3.99%), Calcium: 33.88mg (3.39%), Vitamin B5: 0.31mg (3.08%), Vitamin D: 0.19µg (1.27%), Vitamin C: 1.01mg (1.23%)