



Snow Covered Crunch Bars

 Dairy Free

READY IN



90 min.

SERVINGS



36

CALORIES



286 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

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 %: 0% (100%), Caffeine: 8.13mg (2.71%), Protein: 5.6g (11.2%), Manganese: 0.55mg (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: 0.21mg (10.29%), Phosphorus: 95.84mg (9.58%), Zinc: 1.35mg (8.98%), Vitamin B6: 0.17mg (8.43%), Vitamin B2: 0.12mg (7.28%), Fiber: 1.71g (6.82%), Vitamin B1: 0.1mg (6.65%), Vitamin A: 320.21IU (6.4%), Potassium: 167.46mg (4.78%), Vitamin B12: 0.29µg (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%)