



## Swag Bars



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.8 cup light-colored corn syrup
- ☐ 1.8 cups creamy peanut butter
- ☐ 2 ounces chocolate dark chopped
- ☐ 6 ounces lightly salted chopped
- ☐ 4 ounces whole-grain cereal crushed flaked finely (such as Total)
- ☐ 0.8 cup sugar

## Equipment

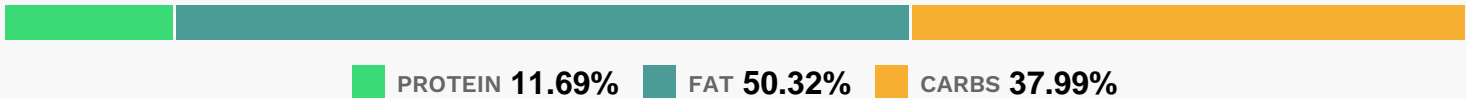
- ☐ bowl

- ☐ sauce pan
- ☐ baking pan
- ☐ microwave

## Directions

- ☐ Combine first 3 ingredients in a heavy saucepan over medium-high heat. Cook 4 minutes or just until mixture begins to boil, stirring constantly.
- ☐ Remove from heat; stir in peanuts and cereal.
- ☐ Spread mixture evenly into a 13 x 9inch baking pan coated with cooking spray.
- ☐ Place the dark chocolate in a small microwave-safe bowl. Microwave at HIGH 1 minute or until chocolate melts, stirring every 20 seconds.
- ☐ Drizzle chocolate evenly over peanut mixture. Score into 36 bars while warm.

## Nutrition Facts



## Properties

Glycemic Index:3.5, Glycemic Load:4.38, Inflammation Score:-2, Nutrition Score:4.3256521348882%

## Nutrients (% of daily need)

Calories: 159.47kcal (7.97%), Fat: 9.44g (14.53%), Saturated Fat: 2.01g (12.58%), Carbohydrates: 16.04g (5.35%), Net Carbohydrates: 14.69g (5.34%), Sugar: 12.15g (13.5%), Cholesterol: 0.05mg (0.02%), Sodium: 90.36mg (3.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.87%), Manganese: 0.33mg (16.3%), Vitamin B3: 2.59mg (12.93%), Magnesium: 32.8mg (8.2%), Vitamin E: 1.15mg (7.68%), Phosphorus: 65.65mg (6.57%), Copper: 0.11mg (5.6%), Fiber: 1.35g (5.42%), Vitamin B1: 0.08mg (5.37%), Folate: 20.68µg (5.17%), Vitamin B6: 0.1mg (4.99%), Iron: 0.75mg (4.17%), Vitamin B2: 0.06mg (3.73%), Potassium: 118.82mg (3.39%), Zinc: 0.5mg (3.31%), Vitamin B5: 0.21mg (2.05%), Calcium: 19.29mg (1.93%), Selenium: 1.05µg (1.5%)