



Sweet & Salty Peanut Bars

READY IN



45 min.

SERVINGS



8

CALORIES



300 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 2 tablespoons plus light
- ☐ 0.8 cup cereal
- ☐ 0.5 cup oats
- ☐ 0.3 cup peanut butter
- ☐ 4 tablespoons butter unsalted salted
- ☐ 0.3 cup peanuts salted
- ☐ 0.5 teaspoon vanilla
- ☐ 0.5 cup chocolate chips white

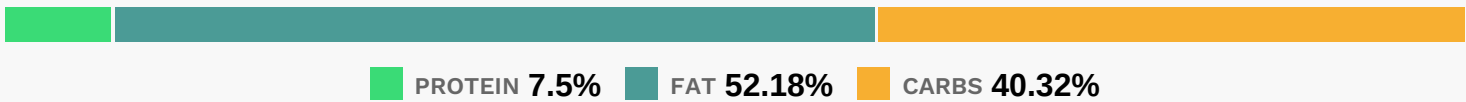
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Preheat oven to 325 degrees F. Line an 8 inch square metal pan with foil and spray foil with cooking spray.In a food processor, pulse the peanuts to chop.
- ☐ Add the white chips and pulse them with the peanuts. Set the mixture aside.In a large saucepan, melt the butter over medium heat. Stir in the corn syrup, brown sugar, vanilla, peanut butter, oats and granola, then stir in the peanut/white chip mixture, stirring just until chips begin to melt.
- ☐ Pour the mixture in the pan and press down with the back of a spatula.
- ☐ Bake for 10 minutes.
- ☐ Let cool, then transfer to the refrigerator. Chill for about an hour, then lift from the pan and cut into 8 or 16 bars.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:6.81, Inflammation Score:-3, Nutrition Score:6.6130434799453%

Nutrients (% of daily need)

Calories: 300.41kcal (15.02%), Fat: 18.05g (27.77%), Saturated Fat: 7.25g (45.3%), Carbohydrates: 31.38g (10.46%), Net Carbohydrates: 29.45g (10.71%), Sugar: 20.8g (23.11%), Cholesterol: 17.41mg (5.8%), Sodium: 74.67mg (3.25%), Alcohol: 0.09g (100%), Alcohol %: 0.18% (100%), Protein: 5.84g (11.67%), Manganese: 0.72mg (36.11%), Phosphorus: 121.16mg (12.12%), Magnesium: 40.89mg (10.22%), Vitamin B3: 2.01mg (10.07%), Vitamin E: 1.47mg (9.78%), Fiber:

1.92g (7.69%), Selenium: 4.81µg (6.88%), Copper: 0.13mg (6.41%), Vitamin B1: 0.1mg (6.34%), Iron: 1.03mg (5.74%), Zinc: 0.83mg (5.5%), Potassium: 187.02mg (5.34%), Calcium: 51.5mg (5.15%), Vitamin B2: 0.08mg (4.83%), Folate: 19.26µg (4.81%), Vitamin B6: 0.08mg (3.78%), Vitamin A: 178.3IU (3.57%), Vitamin B5: 0.36mg (3.56%), Vitamin K: 2.14µg (2.04%), Vitamin B12: 0.08µg (1.38%)