



Tiger Butter

READY IN



30 min.

SERVINGS



10

CALORIES



325 kcal

SIDE DISH

Ingredients

- 0.5 cup rice cereal crispy
- 0.3 cup crunchy peanut butter
- 0.3 cup semi chocolate chips
- 1 pound chocolate white chopped

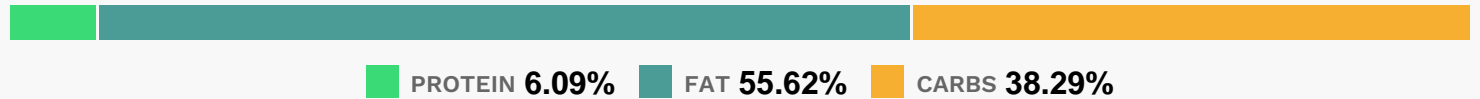
Equipment

- frying pan
- microwave

Directions

- Line a 9x9 inch dish with waxed paper.
- Combine white chocolate, chocolate chips and peanut butter in a 2 quart microwave safe dish and microwave on low one minute. Stir until smooth. Stir in the rice cereal and spread into prepared pan.
- Let cool completely before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:18.73, Inflammation Score:-1, Nutrition Score:4.9960869226767%

Nutrients (% of daily need)

Calories: 324.77kcal (16.24%), Fat: 20.59g (31.67%), Saturated Fat: 10.45g (65.3%), Carbohydrates: 31.89g (10.63%), Net Carbohydrates: 30.73g (11.18%), Sugar: 29.14g (32.37%), Cholesterol: 9.8mg (3.27%), Sodium: 83.12mg (3.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.87mg (1.29%), Protein: 5.07g (10.15%), Phosphorus: 120.07mg (12.01%), Manganese: 0.22mg (10.9%), Calcium: 97.01mg (9.7%), Vitamin B2: 0.14mg (8.36%), Vitamin B3: 1.59mg (7.93%), Magnesium: 27.4mg (6.85%), Copper: 0.14mg (6.77%), Vitamin E: 1mg (6.7%), Potassium: 220.4mg (6.3%), Zinc: 0.71mg (4.7%), Fiber: 1.15g (4.61%), Selenium: 3.22µg (4.6%), Vitamin B12: 0.26µg (4.37%), Vitamin K: 4.5µg (4.28%), Vitamin B5: 0.39mg (3.85%), Iron: 0.58mg (3.24%), Vitamin B6: 0.06mg (3.14%), Folate: 12.52µg (3.13%), Vitamin B1: 0.04mg (2.88%)