



## Traditional Brownie Goody Bars

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



480 kcal

DESSERT

### Ingredients

- 1 box brownie mix
- 1 cup creamy peanut butter
- 3 cups rice cereal crisp
- 0.8 cup roasted peanuts salted coarsely chopped
- 12 oz semi chocolate chips (2 cups)
- 1 container vanilla frosting
- 24 servings vegetable oil for on brownie mix box

### Equipment

- bowl
- frying pan
- sauce pan
- oven
- aluminum foil

## Directions

- Heat oven to 350F. Grease bottom only of 13x9-inch pan with cooking spray or shortening. (For easier cutting, line pan with foil, then grease foil on bottom only of pan.)
- Make and bake brownies as directed on box. Cool completely.
- Frost brownies with frosting.
- Sprinkle with peanuts; refrigerate while making cereal mixture.
- Measure cereal into large bowl; set aside. In 1-quart saucepan, melt peanut butter and chocolate chips over low heat, stirring constantly.
- Pour over cereal in bowl, stirring until evenly coated.
- Spread over frosted brownies. Refrigerate 1 hour or until set before cutting. For bars, cut into 6 rows by 4 rows. Store tightly covered at room temperature or in refrigerator.

## Nutrition Facts

**PROTEIN 4.71%** **FAT 60.58%** **CARBS 34.71%**

## Properties

Glycemic Index:2.38, Glycemic Load:5.88, Inflammation Score:-3, Nutrition Score:7.3395653114371%

## Nutrients (% of daily need)

Calories: 479.54kcal (23.98%), Fat: 32.87g (50.57%), Saturated Fat: 7.82g (48.89%), Carbohydrates: 42.38g (14.13%), Net Carbohydrates: 40.29g (14.65%), Sugar: 29.02g (32.24%), Cholesterol: 0.85mg (0.28%), Sodium: 164.88mg (7.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 5.75g (11.5%), Vitamin K: 29.3µg (27.91%), Manganese: 0.45mg (22.64%), Vitamin E: 2.51mg (16.7%), Magnesium: 51.67mg (12.92%), Copper: 0.26mg (12.89%), Vitamin B3: 2.35mg (11.77%), Iron: 1.88mg (10.46%), Phosphorus: 97.17mg (9.72%), Fiber: 2.09g (8.35%), Vitamin B2: 0.1mg (5.63%), Potassium: 185.66mg (5.3%), Zinc: 0.78mg (5.19%), Folate: 20.13µg (5.03%), Vitamin B6: 0.06mg (3.21%), Selenium: 2.24µg (3.2%), Vitamin B1: 0.05mg (3.07%), Vitamin B5: 0.23mg (2.31%), Calcium: 19.41mg (1.94%)