



4-Layer Cookie Bars

READY IN



45 min.

SERVINGS



24

CALORIES



246 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 16 oz buttery crackers rectangular
- ☐ 0.7 cup creamy peanut butter
- ☐ 1 cup graham cracker crumbs
- ☐ 0.5 cup butter
- ☐ 0.3 cup milk
- ☐ 0.5 cup peanut butter chips
- ☐ 0.5 cup semi-sweet chocolate chips
- ☐ 0.7 cup sugar

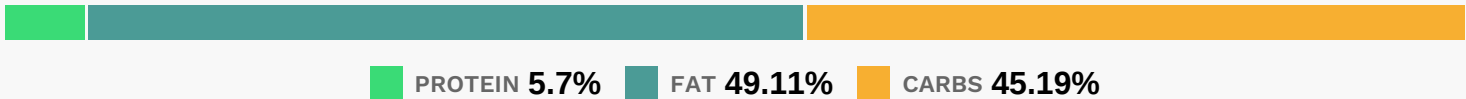
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan

Directions

- ☐ Line the bottom of a buttered 13"x9" baking pan with a single layer of crackers; set aside. Melt margarine in a heavy saucepan; add sugars, graham cracker crumbs and milk.
- ☐ Heat over medium-high heat until sugars dissolve, stirring often; spread over crackers in pan. Arrange another single layer of crackers on top; set aside.
- ☐ Combine remaining ingredients in a saucepan; heat over low heat until melted, stirring until smooth and creamy.
- ☐ Spread over crackers; set aside until firm.
- ☐ Cut into bars to serve.

Nutrition Facts



Properties

Glycemic Index:8.17, Glycemic Load:5.98, Inflammation Score:-3, Nutrition Score:4.96739130864%

Nutrients (% of daily need)

Calories: 246.05kcal (12.3%), Fat: 13.7g (21.08%), Saturated Fat: 3.45g (21.55%), Carbohydrates: 28.37g (9.46%), Net Carbohydrates: 27.18g (9.88%), Sugar: 14.55g (16.16%), Cholesterol: 0.52mg (0.17%), Sodium: 267.77mg (11.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.14mg (1.05%), Protein: 3.58g (7.16%), Manganese: 0.26mg (12.93%), Vitamin B3: 2.05mg (10.24%), Vitamin E: 1.48mg (9.88%), Phosphorus: 96.28mg (9.63%), Vitamin K: 9.74µg (9.28%), Iron: 1.38mg (7.66%), Vitamin B1: 0.1mg (6.96%), Magnesium: 25.04mg (6.26%), Folate: 21.47µg (5.37%), Copper: 0.1mg (5.13%), Fiber: 1.19g (4.76%), Vitamin B2: 0.08mg (4.72%), Calcium: 46.05mg (4.6%), Vitamin A: 175.1IU (3.5%), Zinc: 0.47mg (3.16%), Potassium: 101.78mg (2.91%), Vitamin B6: 0.05mg (2.59%), Selenium: 1.61µg (2.29%), Vitamin B5: 0.18mg (1.76%)