



Chewy Chocolate Peanut Butter Bars

READY IN



95 min.

SERVINGS



48

CALORIES



108 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter cut into pieces
- ☐ 0.5 cup crunchy peanut butter
- ☐ 12 oz chocolate chips dark (2 cups)
- ☐ 0.5 cup roasted peanuts salted coarsely chopped
- ☐ 1 egg yolk
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon salt

☐ 1 teaspoon vanilla

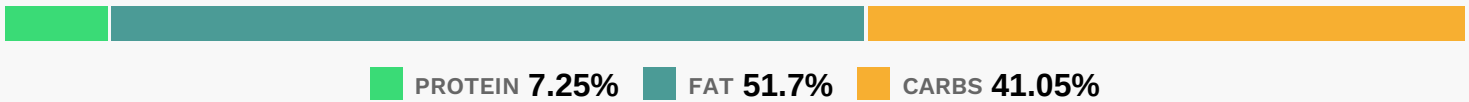
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ microwave

Directions

- ☐ Heat oven to 350F. Spray 13x9-inch pan with baking spray with flour. In small bowl, stir flour, baking powder and salt; set aside.
- ☐ In medium microwavable bowl, place butter and peanut butter. Microwave on High 30 to 45 seconds or until butter is melted.
- ☐ Add brown sugar and egg yolk; stir until mixed. Stir in vanilla and flour mixture. Stir in 3/4 cup of the chocolate chips.
- ☐ Spread in pan.
- ☐ Bake 20 to 25 minutes or until just firm to the touch.
- ☐ Remove from oven; immediately sprinkle with remaining 1 1/4 cups chocolate chips.
- ☐ Let stand 2 to 3 minutes or until chips have softened.
- ☐ Spread softened chips evenly over top.
- ☐ Sprinkle with peanuts. Cool on cooling rack.
- ☐ Cut into 8 rows by 6 rows. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:4.52, Glycemic Load:1.45, Inflammation Score:-1, Nutrition Score:2.0982608791927%

Nutrients (% of daily need)

Calories: 108.23kcal (5.41%), Fat: 6.36g (9.78%), Saturated Fat: 3.63g (22.69%), Carbohydrates: 11.36g (3.79%), Net Carbohydrates: 10.67g (3.88%), Sugar: 7.11g (7.9%), Cholesterol: 9.2mg (3.07%), Sodium: 72.6mg (3.16%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Protein: 2g (4.01%), Manganese: 0.12mg (5.76%), Vitamin B3: 0.83mg (4.15%), Calcium: 31.92mg (3.19%), Phosphorus: 29.33mg (2.93%), Folate: 11.31µg (2.83%), Fiber: 0.69g (2.76%), Selenium: 1.87µg (2.68%), Magnesium: 10.48mg (2.62%), Zinc: 0.39mg (2.57%), Potassium: 86.68mg (2.48%), Vitamin B1: 0.04mg (2.4%), Vitamin E: 0.35mg (2.31%), Copper: 0.04mg (2.24%), Iron: 0.35mg (1.92%), Vitamin B2: 0.03mg (1.92%), Vitamin B6: 0.03mg (1.44%), Vitamin B5: 0.14mg (1.36%), Vitamin A: 65.21IU (1.3%)