



Chewy Peanut Butter Brownies

 Dairy Free  Popular

READY IN



40 min.

SERVINGS



10

CALORIES



283 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 cup brown sugar packed
- 2 eggs
- 1 cup flour all-purpose
- 0.3 cup butter softened
- 0.5 cup peanut butter
- 0.3 teaspoon salt
- 0.5 teaspoon vanilla extract

0.7 cup sugar white

Equipment

bowl

oven

baking pan

Directions

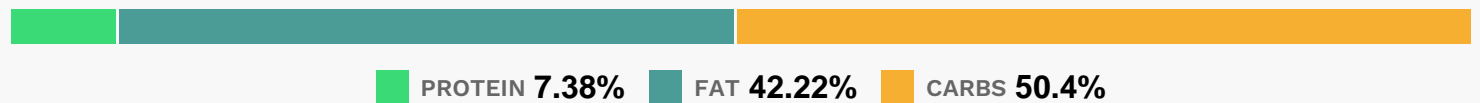
Preheat oven to 350 degrees F (175 degrees C). Grease a 9x9 inch baking pan.

In a medium bowl, cream together peanut butter and margarine. Gradually blend in the brown sugar, white sugar, eggs, and vanilla; mix until fluffy.

Combine flour, baking powder, and salt; stir into the peanut butter mixture until well blended.

Bake for 30 to 35 minutes in preheated oven, or until the top springs back when touched. Cool, and cut into 16 squares.

Nutrition Facts



Properties

Glycemic Index:25.11, Glycemic Load:16.63, Inflammation Score:-4, Nutrition Score:5.6886956845613%

Nutrients (% of daily need)

Calories: 283.42kcal (14.17%), Fat: 13.69g (21.05%), Saturated Fat: 2.86g (17.88%), Carbohydrates: 36.75g (12.25%), Net Carbohydrates: 35.8g (13.02%), Sugar: 25.42g (28.25%), Cholesterol: 32.74mg (10.91%), Sodium: 243.21mg (10.57%), Alcohol: 0.07g (100%), Alcohol %: 0.13% (100%), Protein: 5.38g (10.77%), Manganese: 0.29mg (14.25%), Vitamin B3: 2.47mg (12.37%), Selenium: 7.68µg (10.97%), Vitamin E: 1.51mg (10.06%), Folate: 38.29µg (9.57%), Phosphorus: 85.61mg (8.56%), Vitamin B1: 0.12mg (8.02%), Vitamin B2: 0.13mg (7.77%), Magnesium: 26.96mg (6.74%), Vitamin A: 318.18IU (6.36%), Iron: 1.09mg (6.04%), Calcium: 48.22mg (4.82%), Copper: 0.08mg (4.24%), Vitamin B6: 0.08mg (4.15%), Fiber: 0.96g (3.83%), Zinc: 0.53mg (3.56%), Vitamin B5: 0.35mg (3.47%), Potassium: 116.74mg (3.34%), Vitamin B12: 0.09µg (1.43%), Vitamin D: 0.18µg (1.17%)