



Chocolate Chip-Peanut Butter Bars

READY IN



120 min.

SERVINGS



36

CALORIES



191 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1.3 cups brown sugar packed
- ☐ 1 cup butter softened
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup peanut butter
- ☐ 2.3 cups oats
- ☐ 0.5 cup roasted peanuts salted coarsely chopped
- ☐ 6 oz semi chocolate chips (1 cup)
- ☐ 14 oz condensed milk sweetened canned (not evaporated)

☐ 0.5 teaspoon vanilla

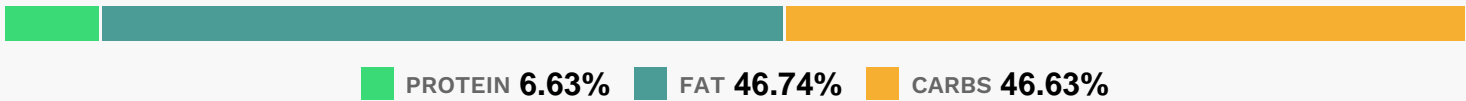
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350F. Spray 13x9-inch pan with nonstick cooking spray.
- ☐ In large bowl, combine all base and topping ingredients; mix at low speed until crumbly. Reserve 2 cups of crumb mixture for topping. Press remaining crumb mixture in bottom of sprayed pan to form base.
- ☐ In small bowl, combine condensed milk, peanut butter and vanilla; mix until well blended.
- ☐ Pour mixture evenly over base.
- ☐ Sprinkle with chocolate chips and peanuts.
- ☐ Sprinkle reserved crumb mixture over top; press down gently.
- ☐ Bake at 350F. for 25 to 30 minutes or until golden brown. Center will not be set. Cool 1 hour 15 minutes or until completely cooled.
- ☐ Cut into bars.

Nutrition Facts



Properties

Glycemic Index:7.36, Glycemic Load:7.56, Inflammation Score:-3, Nutrition Score:4.3534782917603%

Nutrients (% of daily need)

Calories: 191.02kcal (9.55%), Fat: 10.18g (15.65%), Saturated Fat: 5.28g (33.02%), Carbohydrates: 22.84g (7.61%), Net Carbohydrates: 21.62g (7.86%), Sugar: 15.42g (17.14%), Cholesterol: 17.59mg (5.86%), Sodium: 89.05mg (3.87%), Alcohol: 0.02g (100%), Alcohol %: 0.06% (100%), Caffeine: 4.06mg (1.35%), Protein: 3.25g (6.5%), Manganese: 0.38mg (19.19%), Phosphorus: 82.88mg (8.29%), Magnesium: 32.88mg (8.22%), Selenium: 5.31µg (7.58%), Copper: 0.11mg (5.45%), Vitamin B1: 0.08mg (5.02%), Fiber: 1.21g (4.86%), Calcium: 47.91mg (4.79%), Iron:

0.85mg (4.71%), Vitamin B2: 0.08mg (4.63%), Vitamin B3: 0.86mg (4.31%), Vitamin A: 189.37IU (3.79%), Potassium: 127.15mg (3.63%), Zinc: 0.51mg (3.4%), Folate: 13.55µg (3.39%), Vitamin E: 0.39mg (2.62%), Vitamin B5: 0.21mg (2.12%), Vitamin B6: 0.03mg (1.52%), Vitamin B12: 0.07µg (1.13%)