



Chocolate-Covered Peanut Butter Bars

READY IN



135 min.

SERVINGS



15

CALORIES



415 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 cup butter softened
- 8 oz philadelphia cream cheese softened
- 1.3 cups creamy peanut butter divided
- 1 cup graham crackers crushed finely
- 3 cups powdered sugar divided
- 4 oz baker's semi-sweet chocolate
- 1.5 cups cool whip whipped topping (Do not thaw.)

Equipment

- bowl
- frying pan
- blender
- microwave

Directions

- Beat butter and 3/4 cup peanut butter in large bowl with mixer until well blended.
- Add graham crumbs; mix well. Gradually beat in 2 cups sugar; press onto bottom of 9-inch square pan sprayed with cooking spray.
- Beat cream cheese, remaining peanut butter and remaining sugar with mixer until well blended.
- Spread over crust.
- Microwave COOL WHIP and chocolate in microwaveable bowl on HIGH 2 to 2-1/2 min. or until chocolate is completely melted and mixture is well blended, stirring every minute.
- Spread over cream cheese layer. Refrigerate 2 hours.

Nutrition Facts

■ PROTEIN **6.48%** ■ FAT **56.29%** ■ CARBS **37.23%**

Properties

Glycemic Index:11, Glycemic Load:3.99, Inflammation Score:-4, Nutrition Score:6.9073913045551%

Nutrients (% of daily need)

Calories: 414.9kcal (20.74%), Fat: 26.8g (41.24%), Saturated Fat: 11.72g (73.26%), Carbohydrates: 39.89g (13.3%), Net Carbohydrates: 38.05g (13.84%), Sugar: 32.23g (35.81%), Cholesterol: 32.14mg (10.71%), Sodium: 234.54mg (10.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.5mg (2.17%), Protein: 6.94g (13.88%), Manganese: 0.42mg (20.9%), Vitamin B3: 3.17mg (15.87%), Vitamin E: 2.35mg (15.64%), Magnesium: 55.22mg (13.8%), Phosphorus: 128.2mg (12.82%), Copper: 0.19mg (9.58%), Vitamin A: 401.48IU (8.03%), Fiber: 1.84g (7.36%), Zinc: 0.96mg (6.37%), Vitamin B2: 0.11mg (6.34%), Iron: 1.14mg (6.32%), Potassium: 204.57mg (5.84%), Folate: 23.06µg (5.77%), Vitamin B6: 0.11mg (5.71%), Selenium: 3.22µg (4.59%), Calcium: 42.01mg (4.2%), Vitamin B5: 0.35mg (3.45%), Vitamin B1: 0.05mg (3.41%), Vitamin K: 1.7µg (1.62%), Vitamin B12: 0.07µg (1.25%)