



Chocolate-Cream Cheese-Peanut Butter Bars

READY IN



135 min.

SERVINGS



36

CALORIES



190 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 pouch peanut butter sandwich cookie crumbs (1 lb 1.5 oz)
- 3 tablespoons vegetable oil
- 1 tablespoon water
- 1 eggs
- 1.3 cups semi chocolate chips
- 0.3 cup butter
- 8 oz cream cheese softened
- 0.7 cup creamy peanut butter
- 0.8 cup powdered sugar

0.5 cup whipping cream

Equipment

bowl

frying pan

baking sheet

oven

hand mixer

microwave

Directions

Heat oven to 350°F. Spray bottom only of 13x9-inch pan with cooking spray. In large bowl, stir cookie base and topping ingredients until soft dough forms. Shape 6 (1-inch) balls of dough. On ungreased cookie sheet, place balls 2 inches apart; flatten in crisscross pattern with fork.

Press remaining dough in pan.

Bake cookies and base 10 to 12 minutes or until edges are light golden brown. Cool 10 minutes. Reserve cookies for topping.

In small microwavable bowl, microwave chocolate chips and butter uncovered on High 1 minute to 1 minute 30 seconds, stirring every 30 seconds, until melted and stirred smooth.

Spread evenly over bars. Refrigerate until firm, about 30 minutes.

In medium bowl, beat cream cheese, peanut butter, powdered sugar and whipping cream with electric mixer on low speed until blended. Beat on high speed about 2 minutes or until light and fluffy.

Spread over chocolate layer.

Crush reserved cookies; sprinkle over cream cheese layer. Press in lightly. Refrigerate until set, about 30 minutes. For bars, cut into 9 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts



PROTEIN 6.33% FAT 59.57% CARBS 34.1%

Properties

Glycemic Index:1.14, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:2.7304347739757%

Nutrients (% of daily need)

Calories: 189.87kcal (9.49%), Fat: 12.93g (19.89%), Saturated Fat: 4.86g (30.37%), Carbohydrates: 16.65g (5.55%), Net Carbohydrates: 15.43g (5.61%), Sugar: 10.99g (12.21%), Cholesterol: 15.02mg (5.01%), Sodium: 171.64mg (7.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.38mg (1.79%), Protein: 3.09g (6.18%), Manganese: 0.15mg (7.7%), Copper: 0.1mg (5.03%), Magnesium: 20.07mg (5.02%), Fiber: 1.22g (4.88%), Vitamin E: 0.71mg (4.74%), Phosphorus: 43.89mg (4.39%), Vitamin A: 199.31IU (3.99%), Iron: 0.69mg (3.83%), Vitamin B3: 0.7mg (3.48%), Vitamin K: 2.79µg (2.66%), Selenium: 1.75µg (2.5%), Vitamin B2: 0.04mg (2.33%), Zinc: 0.34mg (2.28%), Potassium: 76.24mg (2.18%), Calcium: 15.7mg (1.57%), Vitamin B6: 0.03mg (1.51%), Folate: 5.4µg (1.35%), Vitamin B5: 0.13mg (1.34%)