



Chocolate-Peanut Bars

READY IN



45 min.

SERVINGS



48

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup butter softened
- ☐ 1 cup crunchy peanut butter
- ☐ 16 ounce powdered sugar
- ☐ 12 ounce semisweet chocolate morsels
- ☐ 1.5 cups vanilla wafers crushed (45 cookies)
- ☐ 0.5 cup whipping cream

Equipment

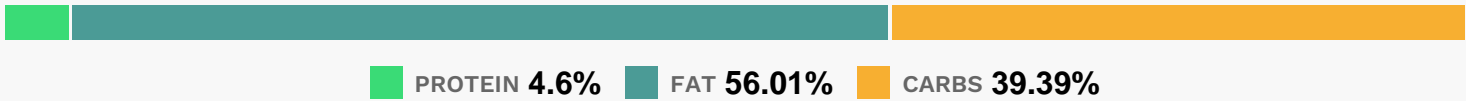
- ☐ sauce pan

- ☐ baking pan
- ☐ hand mixer
- ☐ wax paper

Directions

- ☐ Beat butter and peanut butter at medium speed with an electric mixer until blended.
- ☐ Add powdered sugar and vanilla wafer crumbs; beat until blended. Press mixture evenly into a lightly greased 13- x 9-inch baking pan lined with wax paper.
- ☐ Stir together chocolate morsels and whipping cream in a medium saucepan over low heat until melted and smooth.
- ☐ Spread evenly on top of peanut butter mixture. Chill 1 hour or until firm.
- ☐ Remove from refrigerator, and let stand at room temperature 10 minutes or until slightly softened.
- ☐ Cut into 48 bars.

Nutrition Facts



Properties

Glycemic Index:1.6, Glycemic Load:1.9, Inflammation Score:-2, Nutrition Score:2.6291304165092%

Nutrients (% of daily need)

Calories: 167.77kcal (8.39%), Fat: 10.7g (16.46%), Saturated Fat: 3.53g (22.04%), Carbohydrates: 16.93g (5.64%), Net Carbohydrates: 15.89g (5.78%), Sugar: 13.45g (14.95%), Cholesterol: 3.26mg (1.09%), Sodium: 86.1mg (3.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.1mg (2.03%), Protein: 1.98g (3.95%), Manganese: 0.19mg (9.55%), Copper: 0.12mg (6.02%), Magnesium: 21.39mg (5.35%), Vitamin B3: 0.89mg (4.44%), Fiber: 1.05g (4.18%), Vitamin A: 209.15IU (4.18%), Phosphorus: 39.54mg (3.95%), Vitamin E: 0.55mg (3.67%), Iron: 0.56mg (3.1%), Potassium: 87.65mg (2.5%), Zinc: 0.34mg (2.3%), Folate: 8.12µg (2.03%), Selenium: 1.17µg (1.67%), Vitamin B1: 0.02mg (1.56%), Vitamin B2: 0.03mg (1.5%), Vitamin B6: 0.03mg (1.31%)