



Chocolate, Peanut Butter and Pretzel Bars

READY IN



155 min.

SERVINGS



24

CALORIES



234 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 banana sliced
- 0.7 cup butter melted
- 1 cup creamy peanut butter divided
- 7.8 ounce jell-o vanilla flavor pudding instant
- 2 cups milk cold
- 24 pretzel twists miniature
- 2 cups pretzels crushed finely
- 0.3 cup sugar
- 1.8 cups non-dairy whipped topping divided thawed

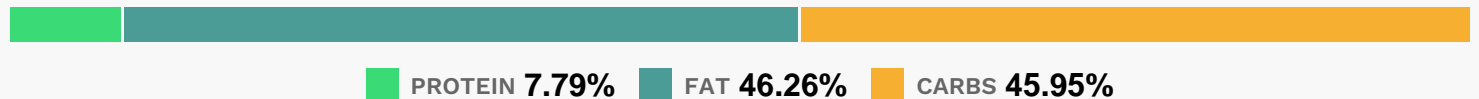
Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Heat oven to 350 degrees F.
- Mix pretzel crumbs, 1/4 cup sugar and butter; press onto bottom of 13x9-inch pan.
- Bake 10 min.; cool completely. Meanwhile, beat dry pudding mixes, milk and 3/4 cup peanut butter in medium bowl with whisk until well blended. Stir in 3/4 cup COOL WHIP.
- Spread 3/4 cup peanut butter mixture over crust; top with bananas and remaining pudding mixture.
- Whisk remaining peanut butter and half of the remaining COOL WHIP in separate medium bowl until well blended. Stir in remaining COOL WHIP; spread over dessert. Refrigerate 2 hours. Top with whole pretzels just before serving.

Nutrition Facts



Properties

Glycemic Index:16.37, Glycemic Load:11.26, Inflammation Score:-3, Nutrition Score:5.0421739505685%

Flavonoids

Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 234.17kcal (11.71%), Fat: 12.42g (19.11%), Saturated Fat: 5.39g (33.7%), Carbohydrates: 27.76g (9.25%), Net Carbohydrates: 26.5g (9.64%), Sugar: 14.27g (15.86%), Cholesterol: 16.11mg (5.37%), Sodium: 314.02mg (13.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.41%), Manganese: 0.3mg (15.2%), Vitamin B3: 2.19mg (10.96%), Folate: 34.49µg (8.62%), Vitamin E: 1.23mg (8.22%), Phosphorus: 81.1mg (8.11%), Magnesium: 27.44mg

(6.86%), Vitamin B2: 0.11mg (6.26%), Vitamin B1: 0.08mg (5.63%), Vitamin B6: 0.11mg (5.34%), Fiber: 1.26g (5.03%), Potassium: 163.5mg (4.67%), Iron: 0.81mg (4.48%), Vitamin A: 200.86IU (4.02%), Calcium: 40.07mg (4.01%), Copper: 0.08mg (3.77%), Zinc: 0.52mg (3.44%), Vitamin B5: 0.27mg (2.72%), Selenium: 1.77µg (2.53%), Vitamin B12: 0.13µg (2.19%), Vitamin D: 0.22µg (1.49%), Vitamin C: 1.12mg (1.36%), Vitamin K: 1.11µg (1.06%)